

Moroccan Lamb with Tomato Mint Sauce

Ingredients:

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Spices Used: [mc_spicesused]

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Instructions:

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Ingredients:

For the spice rub:

An 8-bone lamb rack, trimmed of excess fat and cut into 2 halves

4 TBL olive oil

2 TBL chopped mint

2 TBL chopped parsley

2 tsp Moroccan La Kama

Salt to taste

For the sauce:

Roast lamb drippings

¼ cup red wine

¼ cup smooth tomato sauce

½ tsp sugar (to balance acidity)

1 cup chicken stock

2 TBL cold butter

1 TBL chopped mint

1 TBL chopped parsley

Salt and pepper to taste

Spices Used: Moroccan La Kama

Prep Time: 3-4 hours

Cook Time: 30-45 mins

Instructions:

1 - A few hours before cooking, combine olive oil, mint, parsley, Moroccan La Kama and salt in a small bowl.

2 - Rub each half of the lamb rack with the spice mixture. let marinate in the fridge for a few hours.

3 - Remove lamb from fridge 1 hour before cooking.

4 - Preheat oven to 450°F.

5 - Place lamb racks halves with the bone sides facing one another in a roasting pan and roast about 15 minutes for rare, 20 for medium rare and 25 for medium. Remove lamb from pan and let rest covered on a plate.

Prepare the sauce:

1 - Remove roast drippings from pan and into a sauce pan over medium heat. (remove excess fat)

2 - Once hot, Deglaze with red wine. Cook until reduced in half.

3 - add tomato sauce and sugar. Cook until reduced in half.

4 - Add stock, cook until reduced in half again and you have a nice thick sauce that coats the back of a metal spoon.

5 - Add cold butter in small pieces while whisking to finish your sauce.

6 - Add mint, parsley, salt and pepper to taste. Remove from heat and keep warm.

7 - Serve lamb racks with Sauce and Moroccan glazed carrots.