

# Finger-licking Welsh Lamb with laverbread herb sauce



The best way to eat these Welsh Lamb racks is to divide them into cutlets, dip in the Welsh Laverbread and herb sauce followed by the lemon crumbs. Enjoy!

Serves 4 | Prep 20 minutes | Cook 20 minutes




## Ingredients

2 racks of PGI Welsh Lamb\*, cut in half (3-4 bones per person)  
1 large handful fresh mint  
1 large handful fresh parsley  
1 garlic clove, crushed  
1 dessert spoon small capers  
6 cornichons  
3 tbsp olive oil  
2 lemons (zest of 2 lemons and juice of 1 lemon)  
1 dessert spoon Welsh Laverbread (PDO)<sup>Δ</sup>  
4 tbsp breadcrumbs  
1 tbsp oil  
15g butter

## Method

- 01 Preheat the oven to 200°C / 180°C fan / Gas 6.
- 02 Score the fat on the lamb and season well. Sear the lamb in a hot non-stick pan until golden and place in the oven for 15 minutes. Remove the lamb from the oven and allow to rest for 5 minutes.
- 03 Finely chop the mint, parsley, garlic and cornichons and place in a bowl. Add the olive oil, zest of 1 lemon, the lemon juice and laverbread and stir. Season to taste.
- 04 Heat the oil in a frying pan, add the butter and leave it to melt before adding the breadcrumbs. Toss the breadcrumbs in the butter and the oil. Cook over a medium heat until crisp and golden. Remove from the heat and add the remaining zest (1 lemon).
- 05 Divide the cutlets and serve with the dipping sauce and lemon breadcrumbs.

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