

Rack of Lamb with Cider & Rosemary Jus



Welsh Ingredients used: Welsh lamb, Welsh cider, Halen Môn salt

Serves 4

Ingredients

1 Rack of Welsh lamb
500ml Welsh cider
500ml homemade chicken stock or good quality liquid stock
2 tsp blackcurrant or redcurrant jam or conserve
2 tsp Halen Môn salt
1 bunch of rosemary, to serve

Method

- 01** Take the lamb out of the fridge about 2 hours before going in the oven. You want it to be room temperature rather than fridge cold. Preheat the oven to 200C.
- 02** Pour the stock and cider into a large sauce or frying pan along with 1 piece of rosemary and place on a high heat. Reduce until syrupy. Stir in the blackcurrant preserve and set aside.
- 03** Rub the lamb with salt, place on a baking tray and roast for 14 minutes. Leave to rest for 5 minutes.
- 04** Place the lamb on a bed of rosemary on a large platter.
- 05** Warm the jus a little if it has solidified, then pour over the lamb.

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