

# Roasted Welsh Lamb racks with buttered samphire



Herb roasted racks of Welsh Lamb with samphire, perfect for an elegant meal. Serve with boiled Pembrokeshire Early Potatoes.

**Serves 4 | Prep 10 minutes | Cook 20 minutes**




## Ingredients

2 racks of PGI Welsh Lamb\*, 6 bones per rack  
Handful of rosemary, finely chopped  
Anglesey Sea Salt / Halen Môn (PDO)<sup>a</sup>  
1 tbsp rapeseed oil  
200g samphire  
25g salted butter  
500g Pembrokeshire Early Potatoes (PGI)\*

## Method

- 01 Heat the oven to 200°C / 180°C fan / Gas 6.
- 02 Season the lamb racks with sea salt and sprinkle with chopped rosemary.
- 03 Heat the oil in a large non-stick frying pan and sear the racks fat side down until golden.
- 04 Turn the racks, fat side uppermost and transfer to the oven for 15 minutes.
- 05 Bring a large pan of water to boil. Add the potatoes and boil for 12-15 minutes until tender.
- 06 Remove the racks from the oven, cover loosely with tin foil and leave to rest for 10 minutes.
- 07 Meanwhile, bring a pan of water to boil. Add the samphire and cook for 2-3 minutes until tender.
- 08 Drain the samphire, place back in the saucepan and add the butter.
- 09 To serve, divide the samphire between warm plates. Carve the lamb racks into individual portions and serve with the pan juices from the lamb.

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