

KEN'S CORONATION ROAST RACK OF LAMB WITH ASIAN-STYLE MARINADE

Here, as tender as it is, the lamb's distinctive taste is nevertheless robust enough to bear the East-West flavours of sesame oil, mustard, and soy sauce with grace and dignity. The recipe represents the hallmark of modern Great Britain. Serve this lamb with roast potatoes and a green salad.

Serves 4-6



Ken Hom CBE
Chef and GREAT Ambassador

Ingredients

Two 750 g (1½-lb) racks of British lamb, trimmed of excess fat

Salt and freshly ground black pepper

2 tablespoons peanut oil

Marinade

2 teaspoons freshly ground black pepper

1½ tablespoons roasted sesame oil

2 tablespoons roasted sesame seeds

1½ tablespoons sugar

2 tablespoons Dijon mustard

1 tablespoon light soy sauce

2 tablespoons dark soy sauce

2 tablespoons finely chopped garlic

1 tablespoon coarse sea salt

1 tablespoon fresh or 3 tablespoons dry sage
120ml homemade or store bought chicken stock
2 teaspoons sesame oil
2 teaspoons sesame paste or peanut butter
2 tablespoons butter

Method

Season each rack of lamb with salt and pepper. Now brown each rack of lamb in a nonstick pan with peanut oil for 5 minutes, turning frequently. Allow the lamb to cool.

Mix the marinade ingredients in a small bowl and rub the mixture on the racks with a rubber spatula. Marinate for 1 hour.

Preheat the oven to 230c (450 degrees, Gas Mark 8). Place the lamb racks in a roasting pan. Moisten the fresh or dry sage leaves with some water and scatter them over the lamb racks. Reduce the heat to 200c (400 degrees, Gas Mark 6) cover the lamb racks with foil, and roast for 30 minutes. Remove the foil for the last 5 minutes if you want a more browned and crisp look.

Remove the lamb to a cutting board and allow the racks to rest for 20 minutes.

Skim off the fat from the roasting pan, add the chicken stock, and deglaze over a burner, scraping to remove the flavourful bits. Add the sesame oil, sesame paste, and butter to the sauce and mix thoroughly.

Carve the lamb racks, arrange them on a serving platter, and serve with the sauce.

