



Recipe Details

Recipe Name : Marinated Rack Of Lamb With Coriander And Honey
Recipe Category:
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Created : February 16, 2015
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Portions : 4

Weight (Per Portion)

One portion of this dish weighs approximately 290.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Lamb, cutlets, raw	2 Pound	
Parsley, raw	20 Gram	
Mint, fresh	30 Gram	
Coriander leaves, fresh	30 Gram	
Garlic	4 Clove	
Ginger, root	15 Gram	
Pepper, hot chilli, red, raw	3 Small	
Salt, table	0.5 Teaspoon	
Lemon, juice	50 Millilitre	
Sauce, Soy	60 Millilitre	  Gluten Soybeans
Oil, sunflower	120 Millilitre	
Honey	3 Tablespoon	
Vinegar, red wine	2 Tablespoon	
Water, tap, drinking	4 Tablespoon	

Recipe Alerts

Special Dietary Requirements Suitability:	  Kosher Halal
Allergen Warnings:	  Gluten Soybeans

Recipe Method

1. Make sure most of the fat is trimmed off the lamb, leaving a uniform thin layer that will keep the meat moist and add to the flavour. Place in a non-metal container. 2. Blitz together all the remaining ingredients in a blender or food processor. Pour them over the lamb and make sure it is well covered for a night in the marinade. Refrigerate overnight. 3. Preheat the oven to 200 0c/gas mark 6. Heat up a heavy cast iron pan, preferably a griddle pan. Remove the meat from the marinade and shake off the excess. Sear well on all side, about 5 minutes in total. Transfer to a baking tray and cook in the oven for about 15 minutes, depending on

Recipe Method

the size of the chops and how well you want them to cook. 4. Meanwhile, heat the marinade in a small saucepan and simmer for 5 minutes. Put the chops on serving plates and serve with the sauce in a separate bowl. Both chops and sauce can be served hot or at room temperature.

