



# Organic whole rack of honeyed lamb with cider

Somerset the home of cider making, adds a perfect twist to any lamb recipe

Serves: 4

Prepare: 30 Minutes

Cook: 3 Hours

Difficulty: medium

## Ingredients

- 2 x [organic whole rack of lamb](#)
- 2 garlic cloves, crushed
- salt and black pepper
- 1 tbsp olive oil and an additional 2 tsp of olive oil
- 125g honey
- 450ml dry cider
- 2 tsp fresh thyme, chopped
- 1 tsp lemon juice
- 1 tsp grated lemon zest
- 25g plain flour

## Method

1. Rub the lamb racks with the olive oil, crushed garlic and season with salt and black pepper. Set aside the lamb racks and allow to rest at room temperature for 30 minutes
2. Meanwhile combine the honey, cider, lemon juice and zest in a large heat-proof bowl and place in a warm place, such as the oven top. This will loosen the honey into the cider and lemon mix
3. Preheat the oven to 200°C/gas mark 6. Over a medium-high heat, heat a cast-iron skillet pan until hot, add the remaining olive oil. Place one rack of organic lamb, fat side down into the pan and sear until golden brown, this should take about 4 minutes. Flip the rack over and brown the other side, as well as quickly searing the ends too. Transfer the browned lamb to a plate and repeat the browning process with the second rack of lamb
4. On a large baking tray lined with enough foil to make shallow sides, arrange the racks of lamb, bones facing up and interlinked. Pour the honey and cider mix over the lamb racks and sprinkle over the chopped fresh thyme. Transfer the baking tray to the preheated oven
5. Roast the lamb for 8 minutes for very pink, 17-20 minutes for medium and 25 minutes for well done. Remove the lamb racks from the oven, transfer the lamb to a cutting board and allow to rest for 10 minutes
6. For the gravy, pour off the juices that have collected in the foil into a small saucepan, leave to stand for 5 minutes then skim off any fat from the surface. In a mixing bowl blend the flour with 4 Tbsp of the meat juices, then stir back into the saucepan, bring to the boil, making sure to stir continuously, until the gravy has

thickened and has a smooth consistency, season with salt and pepper

7. Slice between the lamb bones, into individual chops and serve with goose fat roast potatoes and fresh greens