

Herb-Crusted Rack of Lamb with Courgettes, Fava Beans, Pancetta & Mint

2 racks of lamb (8 bones each)
vegetable oil for frying
2 tps Dijon mustard
50g/2oz pancetta strips
2 artichokes, cut into wedges
125g/4oz courgettes, cut into cubes
and sauteed in a little extra virgin olive
oil
50g/2oz fava (broad) beans, peeled,
blanched in boiling salted water for 1
minute, then plunged into cold water
4 mint leaves
200ml/7fl oz veal stock, boiled to
reduce by half
salt and freshly ground black pepper

For the herb crust

200g/7oz ciabatta, roughly torn into
pieces
40g/2 1/2 oz lemon rind, roughly cut
into strips
40g/2 1/2 oz capers, rinsed
40g/2 1/2 oz anchovies, tinned or fresh
40g/2 1/2 oz onions, roughly chopped
40g/2 1/2 oz black olives, pitted and
roughly chopped
1 bunch each parsley and basil

1 First, make the herb crust. Preheat oven to 120 oc (250 of), gas mark 1/2 and lay the ciabatta, lemon rind, capers, anchovies, onions and olives on a baking sheet. Place them in the oven to dry out.

2 Transfer the mixture to the bowl of a food processor fitted with the metal blade and whiz until fine breadcrumbs form, about 2 minutes.

3 Add the herbs and whiz until the mixture becomes a bright green colour, about 2 minutes.

4 Pre heat oven to 180 oc (350 of) gas mark 4. Season the lamb and then warm a large heavy-based frying pan. Add enough oil to cover the base and seal the meat on the side with fat, about 2 minutes.

5 Brush the lamb with mustard so that it is completely covered and then roll it in the herb crust. Place the meat in a shallow baking dish and bake in the oven until medium rare, about 12 minutes, turning half way through. Remove from the oven and leave to rest.

6 While the lamb is cooking, warm a frying pan and add the pancetta and then the artichoke wedges. Season well.

7 Stir in the courgettes, fava beans and mint leaves and add a little warmed veal stock to bring the mixture together. Keep warm.

8 To serve, cut the lamb racks into cutlets. On each plate arrange a few cutlets on a bed of vegetable mixture. Drizzle veal stock around the outside of each plate.

