



## 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

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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.

