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His Royal Highness The Prince Charles,  
Duke of Rothesay

## ***Roasted Rack of New Season Mey Selections Lamb***

*With Wilted Baby Spinach, Fondant Potato, Shallot Marmalade and Red Wine Vinaigrette*

**Serves 4**

### Ingredients

- 2 3-bone Mey Selections Lamb Racks (Ask the butcher to French trim)
- 1kg Baby Spinach (washed)
- 250g Salted Butter
- 2 large Maris Piper Potatoes
- 50ml Chicken Stock
- 200ml Olive Oil
- 12 Shallots (peeled and sliced)
- 200ml Port Wine Jelly
- 100ml Red Wine
- 200ml Red-Wine Vinegar
- Salt and Pepper to season

### Method

1. Score the outside fat off the lamb and rub some salt and pepper into it.
2. Seal the meat in a hot pan for 1-2 minutes to keep all of the juices inside and then place in a preheated oven at 170°C for 20 minutes (for medium-cooked lamb).
3. Once cooked remove from oven and allow the meat to rest for 10 minutes before carving.

#### To make the fondants

1. Cut the potatoes into 2"/5cm slices and use a 1"/2.5cm round cutter to make a nice round shape.
2. In a frying pan, melt 100g of the butter and increase until the butter foams but does not burn.
3. Turn the heat down on the pan and add the potatoes.
4. Cook for 1 minute, then add the chicken stock and place in a preheated oven at 170 °C for 20 minutes uncovered or until the potatoes are tender.
5. Remove from the pan and set aside somewhere warm.

#### To make the marmalade

1. Sauté the shallots with 100g of butter until they become golden brown.
2. Add 100ml of the port wine jelly and 50 ml of red wine and cook until it develops the consistency of a sticky jam.

#### To prepare the vinaigrette

1. Place the pan from the lamb back on the heat and add the rest of the red wine.
2. Reduce by half, then add the rest of the port wine jelly and the vinegar.
3. Once all has combined, add the olive oil and whisk.



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#### Method Cont..

4. In a separate pan melt the remaining 50g of butter, add the spinach, season with a little salt and pepper and cook for 1-2 minutes until the spinach has wilted.
5. Assemble the dish with the fondant potato in the middle of the plate with a
6. little of the marmalade on top and a little of the drained spinach to the side.
7. Carve the lamb into three slices and place on top of the spinach.
8. Spoon a little of the vinaigrette over the lamb and serve.

*Recipe From Steven Miller, Mackays Hotel, Wick*