

Harissa Crusted Rack of Lamb



Serves: 4

Profitability:

Steps:

For Harissa Paste:

Gently fry the crushed chilies with the minced garlic in a little oil. Add the smoked paprika and cumin and fry for a further 2 minutes. Allow to cool, then blend in a food processor with the olive oil, orange juice and herbs. (Makes 200ml)

Heat oven to 200°C/ fan 180°C / Gas 6

Smear 50ml of the Harissa Paste on each rack and then press on as evenly as possible an equal share of breadcrumbs onto the paste. Line a roasting tray with foil and place the racks crust side up

Place in the oven for 25 - 30 minutes depending on the size of the racks and how you like the lamb cooked. Remove lamb from pan and set aside to rest

For the Jus:

De-glaze roasting pan over high heat with red wine and reduce by half. Add 1 cup (240ml) water and bring to a rapid boil. Dissolve cornflour and add to boiling sauce, whisking rapidly. Strain through a fine sieve and keep warm

For the Jeweled Couscous:

Place the couscous in a bowl and add 300ml boiling water, cover and set aside for 10 minutes. Gently fry the red onion in a little oil and set aside

Fluff up couscous with a fork and mix in the cooked onion and 1 tbsp Harissa Paste (store the remainder in the refrigerator and consume within 48 hours)

Gently add the pomegranate seeds

To serve, sit the lamb racks on a bed of couscous with bones interlaced and garnish with fresh coriander. Serve with french beans and jus

Ingredients:

2 French-trimmed racks of lamb

75g ciabatta breadcrumbs

HARISSA PASTE

2 tbsp chillies, crushed

4 tsp garlic, minced

2 tbsp vegetable oil

2 tsp smoked paprika

1 tsp ground cumin

100ml extra virgin olive oil

1 orange, juiced

1 good handful of fresh coriander leaves

1 tbsp dried parsley

1/2 tbsp dried mint

JEWELLED COUSCOUS

200g couscous

1 small red onion, finely chopped

1 tbsp Harissa Paste

110g / 4oz fresh pomegranate seeds

Jus