

Treshnish Rack of Lamb Persian-Style with Jewelled Rice



Serves: 4

Profitability:

Steps:

LAMB

Preheat oven to 220°C

If you are using a fatty lamb rack, the fat cap must either be rendered fat down in a frying pan on low until most of the fat is melted off, or trimmed to a suitable thickness

Score the fat lightly in a criss-cross pattern, but without cutting through to the meat

Place the lamb in a roasting tray and spread a generous tablespoon of golpar paste over it

Roast for 15 minutes for rare, or 20 for medium-rare. After 10 minutes, cover with tin foil

Once cooked, leave to rest, covered, in a warm place for 5 to 7 minutes

JEWELLED RICE

Rinse rice in cold water then bring to the boil with all the ingredients

Stir, then cover and turn heat to low. Cook for 10 to 12 minutes

GOLPAR PASTE

Using a pestle and mortar, grind herbs, garlic and walnuts to combine

Add other ingredients and mix. Season to taste

SPINACH BOORANIYEH

Steam spinach for 3 minutes, allow to cool

fry onions in a dash of olive oil until translucent. Add garlic and cook for a further minute. Cool

Add onions and garlic to yoghurt. Add sea salt and pepper and mix

Squeeze water from spinach and chop, add it to the yoghurt and mix

To serve, carve the lamb to give each person two or three cutlets. Spoon the rice onto warmed plates and arrange the cutlets on top. Garnish with a teaspoon of spinach booraniyeh, golpar mix and a sprinkling of pomegranate seeds and rose petals

Ingredients:

LAMB

2 racks of Treshnish lamb, French-trimmed

4 tbsp pomegranate seeds

JEWELLED RICE

250g basmati rice

500ml water

1/4 tsp salt

60g barberries (or dried cranberries)

1 tsp butter

1/4 tsp saffron threads

Pinch sugar

2 pinches dried rose petals

GOLPAR PASTE (A Persian take on pesto)

2 tbsp fresh coriander, chopped

2 tbsp mint, chopped

2 tbsp Asian basil, chopped

1 small garlic clove, minced

1 tbsp pomegranate molasses

1 tsp agave syrup or honey

40g walnuts, chopped

1/2 tsp ground Golpar (hogweed seeds) or ground fennel seeds

To taste sea salt and pepper

SPINACH BOORANIYEH (A creamy yoghurt and garlic dip)

60g sweet white onion

1 tbsp olive oil

1 garlic clove, thinly sliced

325g fresh spinach

125ml yoghurt

125ml sour cream

1/2 tsp sea salt

Pinch of black pepper

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