

## Roast Rack of Lamb with Herbs



If any meat benefits from the use of fresh herbs, it has to be lamb. You can vary the herbs suggested here and use your favourites. Rack of lamb always looks very impressive on the table but is easy to prepare and serve, which makes it a terrific dinner party main course.

This may be a simple recipe, but it's one that reliably gives a very attractive looking and really delicious result.

### Ingredients

- ♦ 1kg (2 lbs) shoulder of lamb well trimmed and diced (keep the bones)
- ♦ 2 carrots, chopped
- ♦ 1 onion, chopped
- ♦ 2 small white turnips, chopped
- ♦ 4 potatoes, chopped
- ♦ 2 sticks celery, chopped
- ♦ 1 leek, finely sliced
- ♦ Salt and black pepper
- ♦ 50g (2 oz) approx. green cabbage, finely shredded
- ♦ Salt and black pepper
- ♦ 125ml ( ¼ pt) cream
- ♦ Dash of Worcester sauce
- ♦ Chopped parsley

Serves 4-6

### To Cook

Place the lamb in a large pot. Cover with cold water and bring to the boil. Drain and rinse the lamb, place in a clean pot. Add the bones to the pot. Cover with approx. 1 litre (2 pts) water. Add the vegetables, except the cabbage. Season. Cover the pot and cook gently for approx. one hour, or until the meat is tender. Then remove the bones.

#### **To Finish the Sauce**

Remove about 250ml ( ½ pt) of the liquid and vegetables from the pot. Process this with the cream and return to the pot with the finely shredded cabbage. Add the Worcester sauce. Simmer for 5-10 minutes, until the cabbage is heated through. Check the seasoning. Add the parsley and serve in deep plates.