

# OTTOLENGHI S MARINATED RACK OF LAMB WITH CILANTRO AND HONEY

## The Recipe

<https://cuisinedaubery.com/recipe/marinated-rack-of-lamb/>

A beautiful and delicious mediterranean dish

Chef: Yotam Ottolenghi

Servings: 4

Preparation Time: 10 Minutes

Cooking Time: 15 Minutes

Ready in: 4 H

Skill: Easy Level

Cuisine: Mediterranean Cuisine

Courses: Barbecue, Main Dish, Meat,

## Ingredients

### For 1 kg (2 1/4 lbs ) of Lamb

\*Meat

2 1/4 lbs Lamb Chops (1 kilogram) I prefer rack lamb

\*Marinade

1/3 Cup Parsley (20 grams)

1/2 Cup Mint leaves (30 grams)

1/3 Cup Coriander leaves (cilantro) (30 grams)

4 Garlic Cloves

2 Tablespoons Ginger Root (15 grams)

1/2 teaspoon of Salt

3 Tablespoons Lemon Juice (50 grams)

1/4 Cup Soy Sauce (60 grams)

3 Chiles

1/2 Cup Vegetable oil (120 grams)

3 tablespoons of Honey

2 tablespoons of Red Wine Vinegar

4 tablespoons of Water

### For 1.5 kg (3 lbs 5 oz ) of Lamb

\*Meat

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3 lbs 5 oz Lamb Chops (1.5 kilograms) I prefer rack lamb

\*Marinade

1/2 Cup Parsley (30 grams)

3/4 Cup Mint leaves (45 grams)

1/2 Cup Coriander leaves (cilantro) (45 grams)

6 Garlic Cloves

4 Tablespoons Ginger Root (22.5 grams)

3/4 teaspoon of Salt

1/3 Cup Lemon Juice (75 grams)

1/3 Cup Soy Sauce (90 grams)

4.5 Chiles

3/4 Cup Vegetable oil (180 grams)

4.5 tablespoons of Honey

3 tablespoons of Red Wine Vinegar

6 tablespoons of Water

**For 500 g (1 lbs 2 oz ) of Lamb**

\*Meat

1 lbs 2 oz Lamb Chops (500 grams) I prefer rack lamb

\*Marinade

3 Tablespoons Parsley (10 grams)

1/4 Cup Mint leaves (15 grams)

3 Tablespoons Coriander leaves (cilantro) (15 grams)

2 Garlic Cloves

1 Tablespoon Ginger Root (7.5 grams)

1/4 teaspoon of Salt

2 Tablespoons Lemon Juice (25 grams)

2 Tablespoons Soy Sauce (30 grams)

1 1/2 Chiles

1/4 Cup Vegetable oil (60 grams)

1 1/2 tablespoons of Honey

1 tablespoon of Red Wine Vinegar

2 tablespoons of Water

### Steps

#### The ingredients

1. You will need a few herbs : Parsley (1/3 Cup or 20 g), Mint leaves (1/2 Cup or 30 g) and Coriander leaves (cilantro) (1/3 Cup or 30 g). Start by washing them.

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2. For the Chiles (3) I took "Serrano" chiles
3. Make sure to seed them !

### **The marinade**

4. The marinade is easy to make. Marinating the meat will make it more tender and tastier
5. Place into a blender: the Parsley (1/3 Cup or 20 g), the Mint leaves (1/2 Cup or 30 g), the Coriander leaves (cilantro) (1/3 Cup or 30 g), the Garlic Cloves (4), the Ginger Root (2 Tablespoons or 15 g). (To peel ginger, don't use a peeler, just scrape with a teaspoon), the Salt (1/2 teaspoon), the Lemon Juice (3 Tablespoons or 50 g), the Soy Sauce (1/4 Cup or 60 g), the Chiles (3) (remove the seeds !), the Vegetable oil (1/2 Cup or 120 g), the Honey (3 tablespoons), the Red Wine Vinegar (2 tablespoons) and the Water (4 tablespoons)
6. Blend all the ingredients
7. If you have a rack a lamb, (which is my favorite choice), cut the Lamb Chops (2 1/4 lbs or 1 kg)
8. Place all the ingredients in a dish, and make sure the meat is entirely covered
9. Cover with plastic wrap, pressing the plastic against the marinade
10. Refrigerate overnight, or at least 4 hours!

### **Next day: Cooking**

11. The next day, remove the marinade from the refrigerator and let it warm at room temperature for about 1 à 2 hours
12. Preheat the oven to 400 F / 200 C
13. Take the meat and set the marinade sauce aside
14. Cook the meat on very high heat for 5 minutes. Make sure to take a skillet that is oven proof
15. Flip and cook another 5 minutes
16. I also cover each piece of meat with the marinade sauce
17. Transfer to the preheated oven, and bake 10/15 minutes at 400 F / 200 C
18. Meanwhile cook the marinade sauce on low/medium heat

### **Barbecue**

19. You may also barbecue the meat instead
20. Once the meat is cooked, you will notice it's blackened. It's probably not burned, it's just that it's caramelized and it's delicious!