

OTTOLENGHI S MARINATED RACK OF LAMB WITH CILANTRO AND HONEY

The Recipe

<https://www.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

1 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

1/3 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) (sans les graines !), 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!