



Rack of lamb with caramelized carrots and mashed parsnip

Ingredients

For 4 portions

For the rack of lamb

- 1 rack of lamb (approx. 500 g)
- 1 garlic clove
- 1 sprig of rosemary
- 1 sprig of thyme
- 60 g butter
- 600 ml lamb stock or vegetable broth

- 2 carrots
- 2 onions
- 1/4 celeriac
- 4 cl Underberg
- salt, pepper
- 1 tsp of starch

For the carrots

- 400 g colourful carrots
- 2 tablespoons of olive oil
- 100 ml freshly squeezed orange juice
- 10 g twigs dill
- 10 g flat-leaf parsley
- 2 tablespoons honey
- salt, pepper

For the mashed parsnip

- 3 parsnips
- 4 potatoes
- 2 sprigs rosemary
- 2 tbsp of butter
- 50 ml cream
- pinch of nutmeg
- salt, pepper

Preparation

For the lamb rack preheat the oven to 180 °C top/bottom heat. Parry meat, remove tendons

and larger pieces of fat. Cut carrots, celery and onions into large pieces. Melt butter in a roasting pan, add herbs, vegetables, Underberg and pressed garlic. Fry the lamb briefly on all sides. Deglaze with vegetable stock or lamb stock, cover roaster and cook in the hot oven for about 20-30 minutes. After cooking, leave the rack of lamb to rest for approx. 10 minutes in a switched-off oven with the oven door slightly open. The meat should reach a core temperature of 58 °C to serve it medium.

Pass the vegetables from the roaster together with the liquid through a sieve. Pour half of the liquid into a small pot and reduce to a sauce. If necessary, thicken with starch. Season to taste with salt and pepper.

For the carrots, preheat the oven to 180 °C top/bottom heat. Clean the carrots, trim the stalk a little.

Finely chop the herbs, mix 2/3 of them with olive oil, orange juice and honey. Cut carrots in half or quarters lengthwise and mix with the oil mixture.

Put carrots on a baking tray lined with baking paper and cook in the hot oven for about 30 minutes. Turn the carrots over after about 15 minutes. Sprinkle carrots with the remaining herbs and season with salt and pepper.

For the mashed parsnips, peel parsnips and potatoes and cut into small pieces. Put them in a pot and cover with water. Bring water to boil, salt, reduce heat and let vegetables simmer for about 15-20 minutes.

Pluck rosemary from the twig and chop finely. Drain water, add rosemary, butter and cream to the vegetables. Mash the mixture with a potato masher. Season to taste with salt, pepper and nutmeg. Arrange mashed potatoes with carrots, lamb and sauce and serve hot.