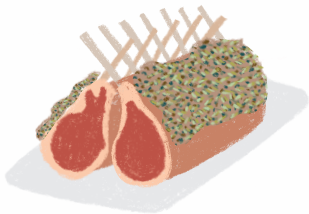


GARLIC & HERB CRUSTED RACK OF LAMB



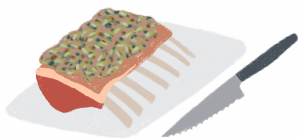
HOW TO SERVE AS A GUARD OF HONOUR

1. **Defrost** in the fridge for 24hrs as per instructions on the box.
2. **Stand them up** on the baking parchment provided on a baking tray **with the bones interlinked at the top**.
3. **Cook for 35 mins**, following the instructions on the box.
4. Remove from oven and **rest uncovered for 15 mins**.
5. **Transfer the Guard of Honour with a fish slice** to a serving plate/board and garnish with some watercress leaves.



HOW TO SERVE AS MEDALLIONS

1. **Defrost in the fridge for 24hrs** as per instructions on the box.
2. **Place them flat on the baking parchment provided**, herb crust side up.
3. **Cook for 35 mins**, following the instructions.
4. Remove from oven and **rest uncovered for 15 mins**.
5. Using a sharp and preferably serrated carving knife, **carve with long strokes between each bone**.
6. **Place two or three per portion**, fanned out on a plate.



RESTING

Don't forget to rest your lamb properly after it's been in the oven. Once it's cooked for the recommended time, take it out of the oven and **leave it on a warm plate or board for just 15 minutes**. Don't cover it with silver foil; the steam will soften the herb crust and might even cause it to fall off!

WINE PAIRING

The traditional pairing is lamb and Rioja, as it matches the intensity of the dish but is complex enough to cope with the mustard, garlic and rosemary. If Rioja isn't your thing, head to **Tuscany and Chianti (Classico if you are feeling flashy)**. If you are lucky enough to have **any older Bordeaux** then this is the perfect excuse to very gently pull that cork...

