

RACK OF LAMB

Rack of lamb with red cabbage, sugar glazed butternut and malt sauce

6-8 persons

1 saddle of lamb
1/2 tbsp. ground cinnamon
1/2 tbsp. ground ginger
1/2 tbsp. ground star anise
1/2 tbsp. ground fennel
1 tbsp. cloves
2 tbsp. olive oil
salt and ground pepper

Heat the oven to 180°C/350°F. Score the fat in a diamond pattern. Mix all the spices together, apart from the cloves. Rub the meat with oil, the spice mixture, salt and ground pepper and stick the cloves into the small cuts. Put the meat in the oven for 40 minutes or until the core temperature reaches 60°C/140°F.

RED CABBAGE

1/2 red cabbage
2 dl red wine vinegar
2 dl red wine
2 dl sugar
2 cinnamon sticks
1/2 tsp. salt
2 tbsp. butter
4 mandarins

Slice red cabbage thinly. Place all the ingredients apart from the mandarins in a saucepan, bring to a boil and simmer for one hour. Peel the mandarins and cut each slice in two before adding to the saucepan.

SUGAR GLAZED BUTTERNUT

1 butternut squash
20 g butter
50 g sugar
30 ml double cream
5 g fresh estragon

Peel and cut the butternut squash into cubes and boil in lightly salted water. Put the sugar on a medium hot pan and let it melt and once it has started to brown a bit, add the butter and cream and stir well. Pour in the butternut squash and chopped estragon and combine before serving.

MALT SAUCE

500 ml Icelandic malt
1 l lamb stock
1 onion
1 clove garlic
3 bay leaves
50 g butter
salt and ground pepper

Combine malt, onion, garlic and bay leaves in a saucepan and boil until reduced 50%. Add the stock and reduce again by 50%. Sieve the sauce and add the butter in cubes. Season with salt and ground pepper and add sauce thickener if desired.

