

# Recipes

## Roasted Rack of Border Lamb

### Ingredients

1 x 6 bone rack of Lamb  
100g Couscous  
50g diced Courgette  
50g diced Aubergine  
50g diced Red Onion  
50g diced Tomato  
100g Lamb Stock – one cube made up with 100ml water.  
Pinch of Rosemary, salt and pepper, to season  
A few sprigs of fresh Rosemary

Heat the oven to 200°C or Gas 7

### Method

Cut the rack into 2 pieces, 3 bones in each piece. Score the outer fat layer and season with salt and pepper.

Place racks in an oven-proof dish and cook on the hob for around 3 – 5 minutes turning them over, until the fat has colour, then put them into the oven for about 20 minutes for medium or 30 – 35 for well done.

Whilst the lamb is cooking, place the couscous in a large bowl and just cover with boiling water. Cover the bowl with cling film and set aside for about 10 minutes or until couscous has absorbed all the water. Heat a little oil in a pan and add the diced Courgette, Aubergine and Red Onion, cook until soft. Add these to the couscous and mix in with a fork, making sure that it is loose and not lumpy.

### Sauce

Heat the lamb stock in a small pan, reducing it by about a 1/3, then add the rosemary and diced tomato, and simmer for a further 3 – 4 minutes. Add a small piece of butter for extra shine and thickness if you like.

### To finish the dish

Divide the couscous between 2 metal rings or 2 small buttered bowls and place just off centre on the plates. Place the lamb skin-side up with the bone resting on top of the couscous and lightly spoon the sauce over the lamb. Garnish with a sprig of fresh Rosemary.



# Recipes

## Caramelised Banana with a Butter Scotch Toffee Sauce

### Ingredients

2 Bananas sliced lengthways  
200g Soft Brown Sugar  
500ml Double Cream  
200g Unsalted Butter  
6 Fresh Raspberries

Heat the oven to 180° or Gas 5

### Method

Place both halves of the bananas on a buttered baking tray and sprinkle with 50g of brown sugar. Cook for about 10 minutes

Place butter and sugar in a saucepan and cook until lumpy and dark brown in colour. Stir in the cream until golden, and then whisk gently until all the lumps disappear, simmer for 4 -5 minutes.

Remove the bananas from the oven and smother with the sauce. Decorate with 3 raspberries and a dusting of icing sugar.

*Thank you to Robert, our cook at Garden House for these delicious recipes*

