

INGREDIENTS:

1 French-trimmed rack of lamb

2 onions,

1 small bunch of fresh rosemary, finely chopped but with one sprig reserved

2 garlic cloves

Sea salt

Freshly-ground black pepper

Olive oil.

TIME: 1 Hour**SERVING:** 4 people

Heat the oven to 220C gas mark 8 and wrap kitchen foil around the exposed bones. Peel and chop the onions and crush the unpeeled garlic cloves with the flat of a kitchen knife. Rub plenty of salt and pepper into the lamb, place in a roasting pan, drizzle generously with olive oil and sprinkle with the rosemary, patting it firmly onto the meat. Add the whole rosemary sprig, the onions and garlic to the pan and roast for 10 minutes. Reduce the heat to 200C gas mark 6 and roast for a further 10 minutes if you prefer your lamb pink, 20 minutes if you like it well-done. Remove the lamb, place on a board, cover with foil and allow to rest for 10 minutes. Meanwhile add 300ml of water to the pan and incorporate the cooking residues with the aid of a spatula. Place over a medium-low heat and allow to reduce, stirring frequently, strain into a warmed jug and serve with the meat.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: