

Catherines Rack of Lamb with Yoghurt Salsa

Tastes Like Home with Catherine Fulvio

Serves 4

3 x 4 cutlets racks of lamb, (allow 3 cutlets per person)

For the marinade

2 tbsp chopped parsley
4 cloves garlic, chopped finely
3 tsp Dijon mustard
100ml olive oil
2 tbsp honey
1 lemon zest only
Salt and freshly ground black pepper

For the salsa

2 tbsp chopped coriander
2 tbsp chopped parsley
2 tbsp chopped mint
75ml olive oil
1/2 cucumber, deseeded, diced and drained of excess juice
1 small red onion, diced
1 large (or 2 small) tomatoes, deseeded and skinned, diced
1 tbsp lemon juice
2 garlic cloves, finely chopped
2 tsp Dijon mustard
500g Greek natural yoghurt

Rocket and sprigs of flat leaf parsley and coriander, to garnish Baby potatoes, to serve

Method

To prepare the marinade, mix the parsley, garlic, mustard, oil, honey, salt, pepper and lemon zest in a bowl. Then spread over the racks of lamb. Refrigerate for an hour at least for the flavours to infuse.

To make the salsa, separately blitz 1 tbsp chopped coriander, 1 tbsp chopped parsley, 1 tbsp chopped mint and the olive oil and set aside. Then combine all other ingredients, season to taste and put in a serving bowl. Drizzle the flavoured oil over the top and set aside.

To finish the lamb, preheat oven to 200C/ fan 180C/gas 6. Then heat a large frying pan with a little oil on a medium to high heat, add the lamb to the pan and sear until brown and caramelised.

Transfer the racks of lamb to a roasting tin and place in the oven for about 12 minutes

for medium, basting with the glaze from time to time. 16 to 18 minutes for well done. Allow the racks to rest in a warmer for 10 minutes.

To serve, scatter some rocket on a serving board or platter, arrange the lamb on top and serve with yoghurt salsa, baby potatoes and a salad, garnishing with the remaining herbs.

Heirloom Tomato Salad with Peach Dressing

Serves 4-6

1kg assorted heirloom tomatoes – cherry and beefsteak
1 medium red onion, thinly sliced
1 cucumber, partially skinned and seeds removed
2 tbsp flat leaf parsley, chopped
2 tbsp basil or coriander, torn
2 tsp mint, chopped
100g hard goat's cheese, crumbled / shaved
2 tbsp baby capers
Salt and pepper to season

For the peach salad dressing

1 large ripe peach, peeled, stoned and chopped
100ml extra virgin olive oil
50ml cider vinegar
1 tsp honey (to taste)
1 tsp parsley and mint
Salt and pepper to season

Method

For the salad: Soak the red onion in hot water for about 5 minutes, then remove and pat dry. Slice the beefsteak tomatoes and halve the cherry tomatoes. Slice the cucumber.

To make the peach dressing: blitz together all ingredients and check for seasoning, adjusting as necessary.

To serve: arrange the tomatoes, onion and cucumber on a large serving platter.

Scatter over the herbs, capers and crumbled cheese. Drizzle some of the dressing over and serve with the remaining dressing on the side.