



RECIPES CREATED FOR THE AFTERNOON SHOW ON BBC RADIO OXFORD 95.2FM

Rack of Lamb with a spiced beetroot glaze

Ingredients

3 star anise
1 tsp cumin
1 tsp cloves
1 clove garlic, crushed
1 dessertspoon honey
250ml red wine vinegar
125ml balsamic vinegar
500ml red wine (Cabernet Sauvignon is good)
500ml water
6 whole beetroot, scrubbed but not peeled
4 lamb cutlets, in a rack



Method

For the spiced beetroot glaze

Place the beetroot in individual parcels of aluminium foil. Mix together the spices, vinegars and wine and divide mixture over the vegetables. Seal the aluminium packets and roast in the oven for one hour at 180 degrees. (Alternatively, precooked beetroot could be used – just put the beetroot/spices/vinegars in the pan and carry on as below).

When cooked, place in a saucepan with the water and puree gently to a pulp. Reduce over low heat to a syrupy consistency. Strain the glaze several times through a chinois (fine-meshed sieve) to retain a clear sauce, free of pulp and spices.

For the lamb

Roast lamb in a 250C oven for 10 minutes.

Reduce to 220C for 10 minutes.

Rest for 5-8 minutes.

To serve

Place cooked lamb on bed of mashed potatoes; drizzle over with spiced beetroot glaze. Serve with roasted carrots.

Other information

Serves 2

Preparation time - 20 minutes

Cooking time – 1 hour 20 minutes