



Rajasthani roast rack of lamb with corn sauce

Searing meat and placing it on a reduced sauce is much more French in style, but the flavours are fully Indian. The silky corn sauce here is common to much of Rajasthani cuisine and by combining the corn at two stages there are varying textures to be experienced.

2 8 bone rack of lamb , fat trimmed off
½ tsp red chilli powder
½ tsp salt
20 ml corn oil

For the sauce

100 ml ghee or clarified butter
8 cloves
2 large black cardamoms
1 bayleaf
2 onions peeled and chopped finely
1 tbsp fresh garlic paste
6cm ginger peeled and chopped
½ tsp turmeric powder
100 gm finely diced lamb trimmings
200 g corn kernels (tinned or boiled)
2 tbsp natural yoghurt
1 tsp salt
50gram fresh coriander chopped
The juice of one lemon
150 ml lamb stock or boiling water

Method for the sauce

Heat ghee or clarified butter in a heavy bottomed pan. Add the cloves, black cardamom and bay leaf and when they start to crackle add the onions and cook on a medium heat until they start to turn pink.

Add turmeric and salt and sauté briskly for a minute, taking care that the dry spice does not start to burn, then add the garlic and stir for a further couple of minutes. As soon as the fat starts to separate, add the diced lamb and cook until the meat turns slightly brown and starts to get seared on the outside - approx. 4-5 minutes. Add $\frac{3}{4}$ of the quantity of the corn kernels and all the yoghurt and cook on a slow heat for around 30 minutes until the corn is nearly mashed and the sauce starts to become very thick. Add the lamb stock or water.

Bring back to the boil and add the fresh chopped ginger and the coriander and also the remaining $\frac{1}{4}$ of the corn kernels for sake of texture and reduce to a medium heat for a further 10 minutes. Check for seasoning and finish with a squeeze of lemon juice.

For the rack

Marinate the rack with salt, oil and red chilli powder and leave aside for 20-30 minutes.

To cook the rack, heat a heavy pan with a little bit of oil.

Sear the rack over medium heat for 4 minutes

Place the seared rack in a tray, finish in an oven on 150 degrees C for 7-8 minutes and rest the meat for another 3-4 minutes before slicing evenly and placing over the sauce.

Serve with pilau rice.