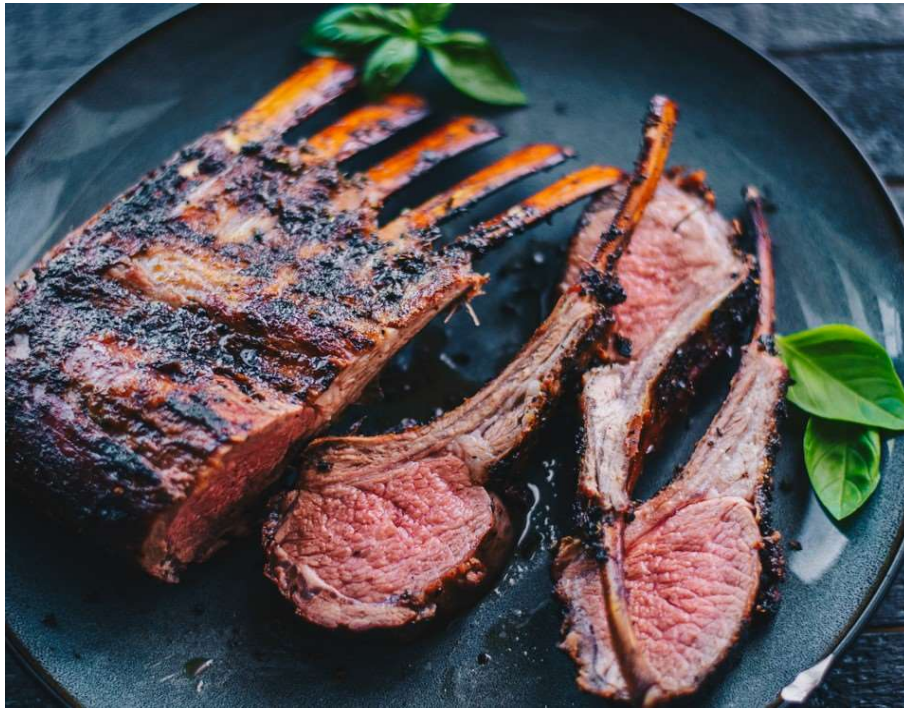


Roasted Rack of Lamb



Ingredients

- 2 large racks of lamb, bones frenched
- 2 tsp salt
- 2 tsp freshly ground black pepper
- 2 tsp ground cumin
- 2 tsp ground fennel seeds
- 1/2 tsp smoked paprika

Directions

Step 1 – Remove the lamb racks from the fridge and bring to room temperature. Wrap the bones in aluminium foil to prevent them from burning.

Step 2 – Combine the salt, pepper, cumin, fennel seeds and paprika in a small bowl. Pat the lamb racks dry with paper towel and then coat liberally with the mixed spices.

Step 3 - Preheat the BBQ to high heat (230° to 260°C) with two zone heat. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 4 – Once the BBQ has reached temperature, place the lamb racks onto the grill away from the direct heat, or in a Weber Q, on the trivet. Close the lid of the BBQ to commence cooking. Roast for approximately 25 minutes, or until cooked to your liking. Rest the lamb racks for at least 10 minutes, then carve and serve immediately.

