



BBQ Rack of Lamb/with Mustard

Prep time 10 minutes | Cook time 35-45 minutes

You'll Need:

- 2 racks of lamb (6-8 ribs each)
- 1/3 cup Dijon mustard (or sweet Onion/Honey mustard)
- 1 shallot, finely chopped
- 2 tsp. Worcestershire sauce
- 2 tsp. white wine
- 5-6 sage leaves, finely chopped
- 1 tsp. fresh thyme
- 1 1/2 tsp. sea salt
- 1 tsp. black pepper

To Create:

- Trim ribs of all visible fat. Combine ingredients and mix well. Place lamb in a large glass baking dish. Spread mixture over lamb, carefully cover with plastic wrap and place into refrigerator for 6-8 hours.
- Preheat grill. Place lamb on grill over medium-high heat. Sear for a couple of minutes each side, reduce heat or move off of direct heat and continue grilling until the internal temperature reaches 140 to 150 degrees F., or about 15 minutes per side. Once cooked, remove from heat and let rest for about 5 minutes before carving.



Serves 6

You'll Need:

350 g Rhubarb, cut into 5 cm lengths
½ cup Sugar
¼ cup Water
125 g Butter, softened
½ cup Icing sugar

1 Egg, lightly beaten
1 cup Flour
¼ cup Corn flour
1 tsp Baking powder

To Create:

- Place rhubarb in a saucepan with sugar and water, cover and place over low heat. Boil gently until the rhubarb is soft, but still holds its shape, about 8 minutes for thin stalks. Leave to cool.
- Preheat oven to 350F
- Place butter and icing sugar in a bowl and beat using an electric mixer, (or by hand, using a wooden spoon) until light and fluffy. Add the egg and beat well.
- Sift flour, corn flour and baking powder over butter mixture and fold in. Place dough on a lightly floured counter and roll into a

ball. Press 1/2 of the dough into the base of a lightly buttered shallow enamel pie dish. The dough is quite sticky, so flour your hands to press dough, or use the back of a metal spoon.

- Spoon cooled rhubarb over the base, leaving most of the juices behind. Break remaining dough into small pieces and place on top, then gently press it down. The pieces of dough will spread together during baking.
- Place in the oven for 25-30 minutes, or until shortcake is golden. Serve warm or cold with ice cream or whipped cream.