



Rack of Lamb with Yoghurt and Hazelnut Dukkah

Makes: 2

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

1 lamb rack weighing approx 350g (6 chops), French trimmed

A few tablespoons natural yoghurt

Fresh herbs such as mint or dill, to garnish

For the dukkah:

60g hazelnuts

30g sesame seeds

15g cumin seeds

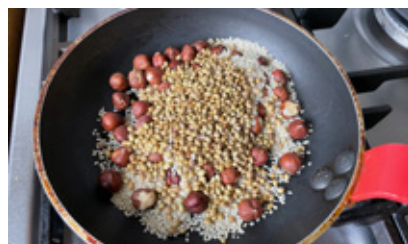
15g coriander seeds

10g flaky sea salt

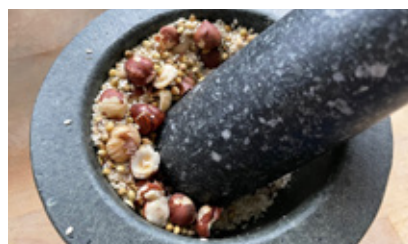
2 teaspoons mild chilli flakes

Cooking a rack of lamb on the BBQ ensures the chops stay lovely and tender on the inside. Here they're served with yoghurt and dukkah - a blend of nuts, seeds and spices. There are many variations on this powerfully flavoured mix, and it's worth experimenting with different combinations. The earthiness of cumin and hazelnuts in this blend complements the lamb well. The leftovers can be kept in a sealed jar for several weeks.

Method:



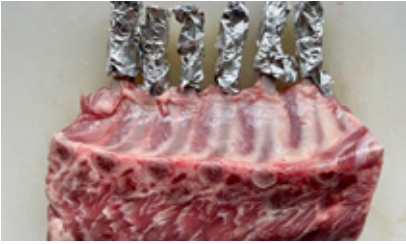
1. Make the dukkah by combining the nuts and seeds in a small frying pan (no oil) and toasting carefully over medium heat until fragrant (a few minutes).



2. Tip the nuts and seeds into a pestle and mortar and crush them roughly (you could also use a tea towel and something heavy like a rolling pin to do this).

3. Wrap the bones of the lamb chops with foil to prevent them from turning black on the grill (this is optional).

Method Continued:



4. Light two gas burners on the Jupiter Outback BBQ. Once hot, season the lamb rack with salt and sear it on the hot side of the grill, moving it aside if it starts to flare up.

5. Move the lamb rack to the cooler side of the grill and close the lid. Cook for 15-20 minutes, or until an instant-read thermometer reads 60C.

6. Rest the rack for 5 minutes before carving into chops and serving with the yoghurt and dukkah.

