

Honey Mustard Lamb Rack

芥末蜜糖烤羊架

Ingredients

Lamb Rack	1 pound
Garlic (finely chopped)	5 cloves
Garlic	1 bulb
Breadcrumbs	½ cup
Olive Oil (for lamb)	½ tbsp
Olive Oil (for vegetables)	2 tbsp
Honey	½ tbsp
Dijon Mustard	½ tbsp
Sea Salt	¼ tsp
Rosemary (finely chopped)	½ tsp
Large Potatoes	4 pcs
Large Sweet Potato	1 pc
Onion	1 pc

材料

羊架	1磅
蒜瓣 (切粒)	5瓣
蒜頭	1個
麵包糠	½ 杯
橄欖油 (焗羊架用)	½ 湯匙
橄欖油 (焗蔬菜用)	2 湯匙
蜜糖	½ 湯匙
狄戎芥末醬	½ 湯匙
海鹽	¼ 茶匙
迷迭香 (切碎)	½ 茶匙
大薯仔	4個
大番薯	1個
洋蔥	1個



Directions 煮法

- 1 Preheat oven to 200°C.
將焗爐預熱至200°C。
- 2 Remove the skin of onion, and cut into halves. Cut the potatoes and sweet potato into roughly 1 inch thick pieces.
把洋蔥皮去掉並切開一半。另外將薯仔及番薯切成約1寸粒狀。
- 3 Put 2 tbsp of olive oil onto the baking tray. Coat the vegetables and garlic bulb with oil and place them onto the baking tray. Sprinkle with salt and pepper. Bake for 45 minutes.
於焗盤塗上2湯匙橄欖油。然後把蔬菜及蒜頭塗上一層橄欖油，再放上焗盤。灑上鹽及黑胡椒。焗45分鐘。
- 4 Add the chopped garlic, breadcrumbs, ½ tbsp olive oil, rosemary, salt, honey and mustard into a mixing bowl. Stir well until it turns into a paste. Set aside.
在容器加入切粒蒜瓣、麵包糠、½湯匙橄欖油、迷迭香、鹽、蜜糖及芥末，拌勻至漿狀備用。
- 5 When the vegetables have been baked for 20 minutes. Spread the paste evenly on lamb rack, and place on top of vegetables in the oven.
當蔬菜焗約20分鐘時，將沾醬塗上羊架。然後把羊架放於蔬菜上。
- 6 Roast the lamb for 20 – 25 minutes.
最後把羊架焗20-25分鐘。

Do You Know... 話你知...

You may often see lamb racks that are stated as "French Lamb Racks", but with the origin somewhere outside of France. Referring the lamb racks as "French" actually means the meat at the tip is cut away to expose the bone.

羊架時常都有“法式羊架”的稱號，但其實原產地並不是法國!“法式羊架”這標籤其實是指切割的方式：即是將羊架骨頂部的肉切去，把羊骨外露的意思。

Roast or Pan fry? 焗還是香煎?

It is recommended to use an oven for lamb rack recipes. Oven helps to keep the juice within the meat, and it is also easier to deal with big lamb racks. If you prefer to use a frying pan, cut the lamb racks into thin slices and cook for 3-5 minutes.

對於羊架的煮法，烤焗方式較為適合。烤焗方式可避免肉汁流失，而且烤焗更可處理較大的羊架。如使用香煎的方式，建議將羊架切成薄片香煎3-5分鐘便可。

