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Cranberry-Marinated Rack of Lamb with Almond Wild Rice

Looking for a tasty lamb recipe? Try out this simple recipe for Cranberry-Marinated Rack of Lamb with Almond Wild Rice from the experts at Australian Lamb!

Ingredients

2 Australian lamb racks, frenched
1 cup pure cranberry or pomegranate juice
1 cup white or red wine
½ cup cranberries
1 sprig fresh rosemary
2 tablespoons olive oil
Salt and freshly ground pepper, to taste

Almond Wild Rice

4 ounces pure wild rice
½ cup sliced almonds
2 tablespoons chopped fresh oregano leaves
Juice and grated zest of ½ orange

Method

Place racks of lamb in large, deep dish. Add juice, wine, cranberries, and rosemary. Cover and marinate 2-3 hours or overnight.

For the rice, place rice in pan of cold, salted water, and bring to a boil. Cook for 10 minutes. Turn off heat, cover and allow to steam 20 minutes (rice will swell and curl). Return to a simmer and cook 10 minutes or until tender. Keep warm. Just before serving, toss through the almonds, oregano, orange juice and zest.

Set the EGG for direct cooking at 400°F/204°C.

Remove lamb from marinade, pat dry and season to taste. Place marinade in a saucepan and bring to a boil. Reduce heat and simmer until reduced to a thin glaze. Discard rosemary. Keep glaze warm.

Heat oil in a Cast Iron Skillet and sear lamb on all sides to brown. Remove the skillet from the EGG; place the lamb racks on the grid and cook 8-10 minutes for medium rare or until cooked as desired. Allow to rest for a few minutes before slicing into individual chops.

Toss the rice with the almonds, oregano, juice, and zest.

Tip:

Cook the rice and marinate the lamb the day before. Heat rice through in the Cast Iron Skillet with a little water, stock or wine, and toss with the remaining ingredients just before serving.

Recipe and photo courtesy of Meat & Livestock Australia for True Aussie Beef & Lamb
www.trueaussiebeefandlamb.com