

RACK of LAMB with MANGO CHUTNEY

Serves 4 to 8.

By Dennis W. Viau; modified from a recipe by Alton Brown.

Mango Chutney makes an excellent accompaniment for lamb. Slightly sweet but with spicy hot notes, this chutney would go well with many meats and fishes. The recipe shown in the photos made *a lot* of chutney, enough for a banquet. I adjusted the ingredients for the servings above.



Ingredients:

2 tablespoons vegetable oil
½ teaspoon crushed chilis (red pepper flakes)
½ red onion (170g); diced
1 pound (450g) fresh mango (about 1); ripe and peeled
1 teaspoon fresh ginger; minced
¼ red bell pepper (34g); diced
¼ cup (60ml) unsweetened pineapple juice
¼ cup (60ml) apple cider vinegar
2 tablespoons brown sugar, light or dark
½ tablespoon curry powder, mild or spicy
Salt and freshly ground black pepper
¼ cup (34g) raisins; regular or golden
¼ cup (31g) chopped macadamia nuts
2 tablespoons safflower oil (or other high-temperature oil)
1 8-rib rack of lamb; frenched
Fresh chopped rosemary for seasoning

Directions:

Heat the oil in a large sauté pan with the crushed chili flakes over medium heat, just long enough until the pepper starts to sizzle in the pan. Add the diced onions and sauté, stirring often, until tender, about 5 minutes. While the onions are cooking, peel and coarsely chop the mango.

Add the ginger and bell pepper to the sauté pan and cook 2 minutes. Add the mango and cook an additional minute. Add the pineapple juice, vinegar, brown sugar, and curry powder. Combine well and bring to a boil. Reduce heat and simmer 30 to 40 minutes, stirring frequently, until the mango is mostly soft.

Season with salt and pepper. Add the raisins and nuts. Remove from the heat, cover, and let cool. Can be cooled in an ice bath. Refrigerate overnight, if possible.

Heat a heavy skillet or griddle over high heat and add safflower oil. Heat until very hot, about 500°F (260°C) and then add the lamb rack, fat side down. Sear 3 to 4 minutes. Turn and brown the other side.

Season with rosemary, salt, and pepper. Place in a roasting pan and bake until cooked to desired level. I prefer medium-rare, so cook to an internal temperature of about 130°F (54°C). Remove from oven and let rest 5 minutes. (I don't have a cooking time for this, as I always roast meat by temperature, not time.)

Carve into double-chops and serve with mango chutney and any vegetables you prefer on the side.

The step-by-step photos were removed. See the video for the preparation.

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