



Mum's Rack of Lamb with Jam

Ingredients

- 2 racks **Carson Valley Meats** lamb
- 1/2 tbsp. extra virgin olive oil
- 6 cloves of garlic (whole or chopped)
- 1/2 bunch fresh rosemary
- 1/2 cup **Misbeehaven Farm's** strawberry jam
- 1 lemon, quartered and squeezed
- 1 cup red wine (cabernet or shiraz)
- 1 - 2 tbsp. salt
- 1 tbsp. black pepper



Method

1. Preheat the oven to 350°F. Remove lamb from fridge, let them sit at room temperature.
2. Add the garlic, rosemary, salt, pepper, strawberry jam, and red wine into a saucepan on low to medium heat and cook until jam is well combined into the sauce.
3. Brown the meat first to give it flavor. Pan-fry over medium/high heat and let it get hot and then place the racks on one side for a couple of minutes until it browns and then do the same on other side.
4. With foil, individually wrap each section of the bone and then fold the top
5. Put the lamb rack into the oven with all the ingredients
6. After 20 minutes add a cup of water and stock to the jam sauce.



Braised Lamb with Red Wine & Figs

Ingredients

- 4 **Carson Valley Meats** lamb shoulder chops
- 1 tsp. fennel seeds, toasted and coarsely ground
- Coarse salt and freshly ground pepper
- 2 tsp. vegetable oil
- 3/4 cup dry red wine, such as Cabernet Sauvignon
- 1/4 cup red wine vinegar
- 2 cups chicken stock
- 7 oz. dried figs
- 2 dried bay leaves



Method

1. Preheat the oven to 350°F. Season lamb with fennel seeds, 1 tsp. salt and 1/2 tsp. pepper.
2. Heat oil in large skillet over high heat. Sear chops until well browned, about 5 minutes per side.
3. Add wine and vinegar. Boil until slightly reduced, about 2 minutes. Add chicken stock, figs and bay leaves. Bring to a boil.
4. Braise lamb in oven, covered for 45 minutes. Uncover. Braise, basting often until lamb is tender and falling off the bone, about 45 minutes more.
5. Simmer sauce over medium-high heat until thickened. Serve with lamb over rice.