

INGREDIENTS:

2 racks of lamb with at least six ribs each

2 tablespoons each finely-chopped:

Parsley

Fresh, chopped thyme leaves

Sea salt

Crushed black peppercorns

Olive oil and home-made breadcrumbs

6 unpeeled garlic cloves, crushed.

TIME: 1 Hour**SERVING:** 6-8 people

Heat the oven to 210C gas mark 7 and in a bowl mix together the parsley, thyme, salt, pepper, breadcrumbs and oil. Coat the outer sides of the racks with this mixture, transfer to a roasting pan you have lightly brushed with olive oil, add the garlic cloves and roast for 20 minutes for pink meat or 30 for a better-done result.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: