

LAMB CROWN ROAST RECIPE

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A crown roast is made by joining two racks of rib chops to form a circle, so that the bony ends of the ribs stand up like points of a crown. A generous amount of stuffing can be inserted inside the crown, and also around its base. At the table, the crown is carved between the ribs into separate chops. The meat & stuffing are carved & served together.

Ask your butcher for two racks of Great Southern 8 ribs from the same animal, so that they will be corresponding size. In order to bend the racks into a circle, you must first cut off the chine bones, which run at right angles to the rib; then trim the fatty layer of meat that covers the fleshy part of the chops; and finally cut through the cartilage to separate the connecting vertebrae.

The trimmings can be minced & added to other ingredients to make the stuffing.

PREPARING

CHINNING THE RIB RACKS

Place the to be chinned on a chopping board with the ribs facing downwards. Use a sharp boning knife to cut away the chine bone down to the vertebrae, then holding the meat steady, snap the bone away from the spine. Cut away the layer of fat and meat that covers the eye of the loin (this can also be used for the stuffing).

EXPOSING THE RIBS

With a pairing knife, score a line across the ends of the ribs, 2cm from the tips. Cut or scrape out the flesh between the ribs down to about 3cm - AR CHECK. The exposed tips will form the points of the crown, again reserve the flesh for the stuffing.

Separating the vertebrae. Position the racks so the rib tips are pointing away from you and the vertebrae are facing upwards. With a small paring knife, sever the thin discs of the cartilage between each vertebra.

JOINING THE RACKS

Place the racks, ribs uppermost, with the larger ends butting against each other. With a trussing needle sew the two end ribs together half way down the rib bones. Cut and knot the string. Make another stitch near the base of the vertebrae. Loop the string round the two end rib tips and tie them together.

FORMING THE CROWN

Bend the joined racks into a circle, with the ribs curving outwards. If the ends do not meet, trim more fat or flesh from the top of the eye of the loin. To secure the crown, tie together the tips of the end ribs and make a single stitch at the base of the ribs.

When the crown is cooked, remove the foil from the rib tips and the base. Wrap the ends of the foil lining the tray over the crown.

Slide a broad spatula under the foil and lift the crown out of the tray. Place on a warmed serving dish, unwrap the foil and ease out from under the roast. Carve the roast.

Cut between each pair of ribs to separate the chops. Serve each chop with a portion of stuffing.

MINTED PEAS

- 100g BUTTER
- 1 ONION, FINELY DICED
- 8 GARLIC, CLOVES, CRUSHED
- 600G FRESH (OR FROZEN PEAS)
- 1 CUP WATER
- 1/4 CUP MINT LEAVES, ROUGHLY TORN
- 1 TEASPOON SALT
- 1 TEASPOON FRESHLY GROUND BLACK PEPPER

METHOD

Melt butter in a saucepan over medium heat.
Add onion & garlic.
Sweat for about 10 mins (until onion soft & translucent).
Add the peas to the pan & pour on the water.
Bring to the boil, lower the heat & simmer for 5-8 minutes.
Stir in mint.
Season with salt & pepper.
Crush the minted peas with a fork or blitz to make a coarse puree.