

Blackcurrant Rack of Lamb

- 1 rack of lamb, fat mostly removed, meat partially cut into thirds without separating rack
- 3 T homemade blackcurrant jam
- sea salt

Homemade Mint Sauce

- 1 bunch mint leaves, finely chopped
- water
- 1 heaping t coconut sugar or maple syrup
- 1 1/2 T each seasoned rice vinegar, balsamic vinegar

Preheat oven to 400F.

In a baking pan, coat top and sides of lamb with jam, with plenty in the cut part, then sprinkle on a little sea salt. Roast lamb for 20-25 minutes until done. You'll have a combination of outer, more well done ribs and inner, more rare ribs. Serves 3.

In a medium-sized jar, just cover mint leaves with boiling water and sugar. Close jar and shake to dissolve sugar. Add vinegar, cover and shake to mix. Refrigerate or place briefly in the freezer to chill before serving. Store in refrigerator.

Jittery Cook