



RACK OF LAMB

Cooking Instructions:

Defrost in a refrigerator for 6 hours or overnight.



Cook in a moderate oven 200°C / 400°F / Gas Mark 6 for the following results:

Rare: 15-20 minutes

Medium: 25-30 minutes

Well Done: 35-40 minutes

To cook from frozen, add 10 minutes to each of these times.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com

Ingredients: Lamb