

With the best recommendations
Ferndale Guesthouse & Restaurant
Keel, Achill Island, co. Mayo

Lamb

How the West was Won

for 4 people

Ingredients

- ***800g to 1kg of Lamb Rack (ask your butcher to cut off the bone and prepare little steaks)***
- ***2 tablespoons of Irish Honey***
- ***2 tablespoons of Olive Oil***
- ***1 teaspoon of salt***
- ***some pepper***
- ***1 teaspoon of Chives***
- ***1 teaspoon of Mint***
- ***1 teaspoon of Lavender***
- ***1 teason of Garlic***

Finely chop herbs and garlic and mix them with the Olive Oil. Add salt and pepper. Then marinate the lamb in this mixture for at least 30 minutes. Pan fry the steaks to your likings and serve with your choice of vegetables. Just before serving, you can flame the steaks with whiskey.