



# I love cooking

easy & delicious recipes

## Roast Lamb Loin with Mint & Raisin Glaze

### Introduction:

Safari Dried Fruits and Nuts are nature's gifts to us and every time we add a handful of dried fruits or nuts to our baking and cooking, we add nature's colour, flavour and healthy goodness. As they say: more fruit ... more nuts ... more taste!

### Ingredients

125 ml Safari Seedless Raisins  
125 ml prepared lamb or chicken stock, heated  
1 deboned loin of lamb (about 1.6 kg)  
1 lemon, halved  
1 big clove of garlic, halved  
olive oil  
salt and freshly-milled black pepper  
red chili flakes (optional)  
65 ml coriander seeds, toasted and crushed coarsely  
20 ml prepared hot English mustard  
20 ml balsamic vinegar  
180 ml mint jelly (you can use the bought variety)  
65 ml finely chopped mint leaves  
whole mint sprigs  
8 x thin wooden meat skewers

### Method

Mix together the raisins and stock and set aside so that the raisins can soak and become plump.

Now prepare the meat: rub the fleshy side well with one lemon half, squeezing juice out as you go along. Next rub it thoroughly with a garlic clove half and then, rub generously with some olive oil. Season to taste with salt and pepper and the chili flakes, if using. Roll the meat up, starting at the thick end, Swiss Roll-style and secure the roll with the skewers, leaving evenly-spaced gaps between each skewer. Season the outside of the meat as you did the fleshy side with lemon juice, garlic, olive oil and salt, pepper and chili flakes if using. Finally, pat the coriander seeds firmly all over the outside of the roll and place on a wire rack inside a roasting pan.

Roast the meat in the oven preheated to 220° C for 30 minutes basting often with the pan drippings.

Meanwhile make the glaze. Whisk together the mustard, balsamic vinegar, mint jelly and chopped mint. Whisk in 125 ml of the olive oil and season generously with lemon juice, salt and pepper. Add the raisins with its soaking liquid and mix well.

Remove the meat from the oven and cut the meat almost right through in-between the skewers.

Keep the skewers intact but at this stage you may want to snip and break off some of their long parts – it will make handling easier.

Now arrange the meat onto a baking sheet, shaping it into a circle so that the slices are a little exposed. Pour the glaze over the meat slices making sure it drips in between the slices and continue to roast in the oven at a lower heat at 190° C until the glaze is bubbling and the meat is done to your liking, taking care not to burn the raisins.

When the meat is done to your liking, remove from the oven and let it rest for 10 minutes before serving it with crushed and roast garlic-potatoes and some cooked green vegetables or salad.

Serves 6 – 8