

RACK OF LAMB

RACK OF LAMB (8 RIBS)
GRAINY DIJON MUSTARD
LEMON
PEPPERY OLIVE OIL
FRESH THYME
FRESH ROSEMARY
BREADCRUMBS

PRE-HEAT OVEN TO 425°

HAVE YOUR BUTCHER TRIM THE LAMB OF ALL BUT A THIN LAYER OF FAT.

SCORE THE FAT IN A CROSS-HATCH PATTERN WITH A VERY SHARP KNIFE MAKING SURE NOT TO CUT INTO THE MEAT. SALT AND PEPPER.

CHOP 1 TBSP OF ROSEMARY LEAVES AND 2 TBSPS OF THYME LEAVES. MIX IN A BOWL WITH 4 TBSPS OF MUSTARD. SQUEEZE IN A TBSP OF LEMON JUICE. WITH A WIRE WHISK BEAT IN ABOUT 3 TBSPS OF OLIVE OIL.

HEAT A LARGE CAST IRON PAN ON TOP OF THE STOVE. PLACE THE LAMB FAT SIDE DOWN IN THE PAN AND BROWN FOR A FEW MINUTES, PRESSING THE LAMB INTO THE PAN. TURN OVER AND BROWN ON THE OTHER SIDE. HOLDING UPRIGHT WITH TONGS, BROWN BOTH ENDS OF THE RACK. PLACE ON A PLATE.

POUR OFF ANY FAT THAT HAS MELTED IN THE PAN.

PAINT THE FAT SIDE AND ENDS OF THE RACK WITH THE MUSTARD COATING. PAT BREADCRUMBS ONTO THE RACK. DRIZZLE WITH A LITTLE OLIVE OIL AND PLACE IN THE OVEN.

ROAST FOR 12-15 MINUTES, TESTING WITH AN INSTANT THERMOMETER AFTER 10 MINUTES. FOR RARE, REMOVE FROM THE OVEN AT 118°. TEMPERATURE WILL GO UP AROUND 5 DEGREES. PLACE ON A WARM SERVING PLATE AND TENT WITH FOIL. ALLOW TO REST FOR TEN MINUTES.

SERVES 4

