

Roasted Rack of Lamb

Serves 2 as an entree, 4 as an appetizer



Recipe Box

Ingredients:

- 1 – 2lb Rack of Lamb
- Salt and Pepper
- Garlic, *optional*
- Fresh Rosemary, *optional*

Directions:

1. Preheat your oven to 400°F. If you're using garlic and/or rosemary, mash them up together in a mortar and pestle or a blender with a little salt and olive oil until it forms a chunky paste. Using your fingers, smear over the fatty side of the rack with a generous sprinkling of salt and pepper.
2. Place rack on a sheet tray layered with onions or carrots with the fat side up. Roast for 20-25 minutes or until the internal temperature is 120°F for rare or 125°F for medium rare.
3. Let your rack rest for at least 10 minutes before slicing between the bones for a nice presentation.

******Lamb takes to a nice variety of seasoning well. Dijon mustard would be a nice addition to your smear or you could take a more Mediterranean route with oregano and balsamic or North African with a little harissa paste and cumin. It seems like an obvious thing to state, but don't overcook your lamb! It's best when it's left a little pink.