
Rack of Lamb with Nutty Herb Crust

Description

Springtime is here, and this is an ideal time to enjoy lamb. Don't be afraid to venture out into lamb territory – the only thing you have to worry about is over-cooking it! That sounds easy, and it is. Also, if you're worried about the health aspect of this cut of meat, just be sure to remove most of the layer of fat.

Total time: 1 hr Yield: 4 Servings

Ingredients

2 lamb racks (French trimmed)
1 tsp oil
1 cup fresh bread crumbs (made from white or sourdough bread)
1 clove garlic (minced)
3 Tbsp fresh Italian (flat leaf) parsley (finely chopped)
2 tsp Italian seasoning
1/2 tsp lemon zest
1/4 cup macadamia nuts (chopped)
1 tsp thyme
1/4 cup softened butter
1 cup beef stock
salt (to taste)
fresh ground black pepper (to taste)

Prep Time: 1 hr Total Time: 1 hr

Instructions

Preheat the oven to 500° F. Remove the layer of fat (or most of it) from the rack and brown the racks in 1 teaspoon of oil in a large pan on the stove. Set aside.

Combine the breadcrumbs, 3 garlic cloves, parsley, Italian seasoning, lemon zest, macadamia nuts, and thyme in a bowl, then fold in the butter, forming a thick paste. Smear a layer of the paste firmly over the fattier side of the rack, leaving the bones and the base bare. Bake in a baking pan for 12 minutes for medium-rare (optimal doneness). Remove to a platter and lightly tent with foil.

Use the beef stock, any pan juices and the extra minced garlic to create the jus (basically a clear gravy). Add these to the roasting pan, scraping the pan, then pour into your large pan and simmer on high until the sauce has reduced and slightly thickened. Serve the jus with the lamb – there you have it, and so simple!

Recipe brought to you by:

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Source:

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