

## Rack of Lamb

<http://userealbutter.com/2010/01/27/rack-of-lamb-recipe/>  
from *Fine Cooking* issue #8 (April/May 1995)

1 rack of lamb (about a pound), frenched  
salt  
pepper  
olive oil  
herb crust  
mustard coating

### herb crust

1 large clove garlic, chopped fine  
2 tbsps fresh parsley, chopped  
1 tbsp fresh thyme, chopped  
1/2 cup fresh breadcrumbs  
2 tbsps olive oil

Combine the garlic, parsley, thyme, and breadcrumbs in a bowl. Moisten with olive oil so that it holds together.

### mustard coating

2 tbsps Dijon mustard  
2 tps fresh rosemary, chopped  
2 tbsps olive oil  
1 tbsp lemon juice  
salt and pepper

Stir ingredients together in a small bowl.

**Prepare the lamb:** Heat oven to 475°F. Season the rack of lamb with salt and pepper all over. Heat a little olive oil in a sauté pan and sear all sides of the meat (a few minutes per side until browned). Remove the rack from the pan to a plate and brush the mustard mixture over the meat. Roll the meat in the herb crust mixture. It helps to gently press the crust onto those hard to stick spots. Wrap each of the rib bones with a piece of foil to prevent charring of the bones during roasting. Place the lamb on a roasting rack in a baking dish (a roasting pan is too big for these little guys – unless you are roasting multiple racks). Roast in the middle of the oven until the desired temperature is reached (use a meat thermometer or probe). Typically you want the internal temperature to reach 5°-10°F LESS than your target temperature because it will continue to rise when you let the meat rest. Remove the rack from the oven and allow to rest for five minutes before carving. Final temperatures for the lamb after a five-minute rest: rare – 115°-125°F, medium rare – 125°-135°F, medium – 140°-145°F. It's not recommended to let it cook beyond medium. Carve the rack and serve.