

Herb Crusted Rack of Lamb

Oven Cook Directions

2 FRESH RACKS OF
LAMB
OLIVE OIL
FRESH PARSLEY

FRESH ROSEMARY
FRESH OREGANO
3 GARLIC CLOVES
1 LEMON

Rinse rack of lamb and pat dry. Pull leaves off herbs and finely chop. Mince fresh garlic and mix with herbs. Rub rack with olive oil (do not use it heavy) Press herbs into the meat well. Squeeze lemon juice over the rack of lamb. Let rack marinate for a couple of hours. Option: can cover and marinate in refrigerator for a minimum of 8 hours. Make sure lamb has been out of refrigerator for at least an hour before placing it in the oven. Also, if you want bones to stay pretty, wrap them with aluminum foil as shown in the video tutorial. Put rack in a broiling pan on a rack so it is elevated and can cook on all sides.

FOR THE OVEN:

To Sear: Preheat oven to 450 degrees. Place rack in oven and cook until it has a nice brown sear.

Rotate the rack if desired. Stay with them while searing and turn every 5 minutes until the ribs are nice and brown. Take ribs out of oven. Turn oven temperature to 350 degrees. Insert a meat thermometer into rib rack. Cover the ribs well with aluminum foil. Cook until the internal temperature reaches 135 degrees. Let rack rest for 15 minutes before carving to serve, also remove foil wraps. Carve by slicing between each set of rib bones and serve immediately.

The rack on the video tutorial was cooked until the internal temperature was near 150 deg for a medium/well cook. Enjoy!!