



CLASSIC RACK OF LAMB

Slightly adjusted from http://simplyrecipes.com/recipes/classic_rack_of_lamb

INGREDIENTS

1 or more Frenched * rack of lamb

For each rack:

- 2 Teaspoons chopped fresh rosemary
- 1 Teaspoon chopped fresh thyme
- 2 ** Cloves garlic, minced
- Salt
- Pepper
- 2 Tbsp olive oil

* cut the meat from the rib portion so the bone is exposed.

** I've seen recipes call for as much as a bulb of garlic for a lamb rub

DIRECTIONS

1. Mix the garlic, rosemary, and thyme. Rub the rack all over with this mixture. Sprinkle with freshly ground black pepper. Place in a thick plastic bag with olive oil.

Spread the oil around so that it coats the rack all over. Squeeze out as much air as you can from the bag, then seal it. Place in a container in case the bag leaks.

At this point, either place it in the refrigerator overnight or let it sit in the rub/marinade 'til it gets to room temperature.

2. Bring lamb to room temperature. If it was put in the refrigerator to marinate overnight, take it out 1 1/2 to 2 hours before you cook it so it comes to room temperature. (Not bringing it to room temperature makes it hard to cook evenly.)
3. Pre-heat the oven to 450F. Arrange the oven rack so the lamb will be in the middle of the oven.
4. Score the fat by making shallow cuts through the fat, spaced about an inch apart. Sprinkle the rack all over with salt and pepper. Wrap the exposed ribs in a little foil so they don't burn. Place the rack in a pan bone-side down, fat side up.
5. Roast at 450F for 10 minutes or until the rack is nicely browned.

Lower the heat to 300F. Cook 10-20 minutes longer, until a meat thermometer inserted into the thickest part of the meat measures 125F for rare or 135F for medium rare.

6. Remove from oven, tent with foil, and let rest for 15 minutes.
7. Cut lamb chops away from the rack by slicing between the bones. Serve 2-3 chops per person.