



Herb-Crusted Rack of Lamb*

prep time:
25 minutes

cook time:
45 minutes*

makes 8 to 10
servings

*stand time extra

grocery list

3 small racks of lamb, frenched
Kikkoman Panko Bread Crumbs
Morton & Bassett Thyme
fresh flat-leaf parsley, fresh mint leaves
ShopRite butter
fresh lemons
La Baleine Sea Salt
Morton & Bassett Whole Black Peppercorns
Enova Oil
Maille French Whole-Grain Mustard
fresh rosemary
celery, carrots and onion

*Exclusive Chef Faith Alahverdian recipe.

herb-crusted rack of lamb

- 3 small racks of lamb, frenched
- 1 ³/₄ cups **Kikkoman Panko Bread Crumbs**
- 2 tsp. **Morton & Bassett Thyme**
- 2 tsp. chopped fresh flat-leaf parsley
- 1 tsp. chopped fresh mint leaves
- ¹/₄ cup ShopRite butter, softened
- 1 tsp. fresh lemon zest
- La Baleine Sea Salt**
- Morton & Bassett Whole Black Peppercorns**
- 3 tbsp. **Enova Oil**
- 2 medium onions, cut into large chunks
- 3 carrots, peeled and cut into large chunks
- 1 stalk celery, cut into large chunks
- 2 stems fresh rosemary
- 3 tbsp. **Maille French Whole-Grain Mustard**

1. Trim rack of lamb of excessive fat, leaving only a thin layer. Set aside.
2. Combine breadcrumbs, thyme, parsley, mint, softened butter and lemon zest in medium bowl. Set aside.
3. Preheat oven to 375°F. Sprinkle lamb with sea salt and freshly ground black pepper. Heat large sauté pan or roasting pan over medium heat 2 minutes. Add **Enova Oil** and sear each rack, one at a time, until each side is mahogany brown, about 2 to 3 minutes on each side. Place onions, carrots, celery and rosemary in roasting pan and place lamb fat side up on top.
4. Spread mustard on fatty surface of each rack of lamb. Place breadcrumb mixture on fatty side, packing it on the surface so it sticks and forms a layer about ¹/₂ inch thick.
5. Place in oven. For medium-rare, roast until meat thermometer registers 140°F, about 135 minutes. Cover completely with foil and let stand 15 minutes; the temperature of the meat will rise to 145°F. Slice into chops and serve.

Per Serving: 903 calories, 10g carbohydrate, 50g protein, 72g fat, 30g saturated fat, 1g fiber, 227mg cholesterol, 292mg sodium

cook's journal

kitchen tools

- dry measuring cups
- measuring spoons
- cutting board
- chef's knife
- zester
- large sauté pan
- roasting pan
- meat thermometer

recipe note

With meat, the term Frenched means to cut meat away from the end of a rib or chop to expose part of the bone.

a good idea

When purchasing lamb, use color as a guide to the age. Baby lamb will be pale pink, while aged lamb is more pinkish-red in color.

