

Mint Creek | Rack of Lamb

RACK OF LAMB DIJONNAISE
RACK OF LAMB
WITH ORANGE CARROT STUFFING
ROASTED RACK OF LAMB
WITH GARLIC AND RED-WINE SAUCE
BAKED RACK OF LAMB
WITH HONEY AND BABA GANOUSH

RACK OF LAMB DIJONNAISE

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Serves: 4

Ingredients

1 rack of lamb, trimmed
1-1/2 Tbs. Dijon mustard
2 slices whole-wheat bread
2 cloves garlic
1 tbs. packaged pesto sauce
1 tbs. olive oil

Instructions

Preheat oven to temperature 500°F. With a sharp knife, score meat with cross-hatch marks. Brush top and sides with mustard. Wrap ends of rib bones with foil to prevent burning. Place racks in a shallow baking pan on the upper- middle rack of oven. Roast 10 minutes. Combine remaining ingredients in a food processor or blender. Season with salt and pepper to taste, and process until fine. Remove lamb from oven and pat breadcrumb mixture over top of roast. Roast another 8 minutes, or until a meat thermometer registers 130°F.

RACK OF LAMB **WITH ORANGE CARROT STUFFING**

Preparation Time: 15 minutes

Cooking Time: 1 hour, 40 minutes

Serves: 8

Ingredients

1 cup chicken stock
2 carrots, peeled, shredded, and cooked
1 zucchini, shredded, and cooked
1 onion, chopped, and cooked
1 celery stalk, chopped
1 medium orange, peeled, seeded, and chopped in small pieces, peel grated
3 cups dried whole-wheat bread cubes
1/2 cup fresh parsley, chopped

1/4 tsp. ground nutmeg
1 tsp. dried sage
1 tsp. dried thyme
1 tsp. dried mint
2 racks of lamb, 8 ribs each, French-cut, well-trimmed
Kitchen string
2 tbs. orange-juice concentrate, thawed

Instructions

Preheat oven to temperature 375°F. Bring chicken stock to a boil in a saucepan. Stir in next 4 ingredients. Cover, reduce heat to medium, and simmer about 10 minutes, stirring occasionally. Remove from heat and stir in orange peel, orange chunks, and next 6 ingredients. Toss to mix well. If too dry, add extra stock. Do not over-mix. On broiler-pan grid, press 2 racks together so bones interlock at top. Tie if necessary. Fill center with stuffing. Brush each rack with orange-juice concentrate. Roast 30 minutes per 1 lb, or until a meat thermometer registers 150°F. Turn oven off and let racks rest 5 minutes in oven

ROASTED RACK OF LAMB WITH GARLIC AND RED-WINE SAUCE

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4-6

Ingredients

2-3 medium lamb racks (7-8 bones per rack)

1 tsp. basil, fresh, chopped

½ tsp. thyme, fresh or dry, chopped

½ tsp. oregano, fresh or dry, chopped

1 tsp. rosemary, fresh, chopped

1 tsp. fennel seed, crushed

1 tsp. salt

1 tsp. freshly ground black pepper

1 tbs. olive oil

1/2 cup red wine

1/2 cup chicken stock

1 tbs. red-wine vinegar

12 medium garlic cloves, whole, peeled

Salt and freshly ground pepper, to taste

Instructions

Preheat oven to 475°F. Combine fresh herb-rub Ingredients in a small bowl, and generously coat the racks all over with the rub. Heat a large heavy skillet over high heat and add 1 tablespoon olive oil. Brown lamb for 3 minutes on each side. Pour off fat from pan, but save any juices to make pan sauce later. Transfer lamb to roasting pan and roast, fat side up, in the middle of the oven for 13-15 minutes or until the internal temperature is 130-135°F for medium-rare.

Remove racks to a warm platter and let rest for 10 minutes while you make the sauce. Set

the original skillet back on the burner and add all the sauce ingredients except salt and pepper. Bring to a boil, scraping up any browned pieces from the bottom of the pan. Cover pan and cook for 10 minutes at a simmer. Remove lid and reduce sauce at a boil until it becomes syrupy. Cut the racks into individual chops. Spoon sauce over the lamb and serve. Add salt and pepper to taste.

BAKED RACK OF LAMB WITH HONEY AND BABA GANOUSH

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Serves: 4-6

Ingredients

4 lamb racks, trimmed

4 eggplants, halved

Vegetable oil

5 cloves garlic

1 tsp. salt

1/2 cup tahini

1/4 cup lemon juice

2 tbs. honey, warmed

1 tsp. ground cumin

Salt and white pepper, to taste

Instructions

Preheat oven to 375°F. Season the lamb racks with salt and white pepper, then place lamb on a cooking rack in a baking tray. Leave to one side until the baba ganoush is done. Cut diamond slits into the cut side of the eggplant halves and then brush with oil. Put them flesh-side down onto a medium-hot open barbeque, and cook, turning regularly for 30 minutes until the flesh is soft and coming away from the skin. Remove from heat and cool until the skin is able to be peeled away from the cooked flesh. Put the peeled flesh into a food processor with the garlic, salt, tahini, lemon juice, honey, and cumin. Process into a smooth paste. Remove from the bowl and keep warm. Cook the lamb racks in oven until rare to medium, allowing 20-25 minutes per pound. The internal temperature will be 130-135°F. Remove from the oven and leave to sit for 10 minutes before either carving or serving as they are. Spoon the desired amount of baba ganoush on one side of the plate, and place the rack of lamb beside it. Serve with steamed bok choy or green vegetables of your choice.