

Rack of Lamb

(2 racks serve 4 or 5 people, 2 to 3 chops)

Recipe by Julia Child

Ingredients:

Herb garlic and mustard coating

- 1/3 Cup Dijon mustard
- 3 large cloves garlic, pureed
- 1 TBSP so sauce
- 1/2 tsp ground rosemary
- 3 TBSPS light olive oil

If the racks have not been “frenched,” scrape off the fatty meat between the ribs and from the chop bone. Score the fat side of the ribs lightly and paint with *herb garlic and mustard coating*.

Preparation:

- Whisk all ingredients together to a mayonnaise-like consistency. Spread mixture all over lamb and marinate for 1/2 hour OR cover and refrigerate several hours or overnight.
- Roast racks for 10 minutes at 500°F, sprinkle 1/2 cup fresh breadcrumbs over the meat and drizzle on a little melted butter. Roast 20 minutes more or until internal temperature is 125°F for red rare, 140°F for medium rare. Let rest 5 minutes before cutting into I-rib chops.

Entree

