

Mustard- Crusted Rack of Lamb

From Charlie Palmer's American Fare Cookbook

Serves 6

INGREDIENTS

3 lamb racks, about 1¼ pound each, Frenched (see Note)

Salt and pepper

1½ cups fresh breadcrumbs

½ cup chopped flat leaf parsley

3 tablespoons fresh thyme leaves

1 tablespoon minced garlic

Approximately 3 tablespoons olive oil

¼ cup Dijon mustard

METHOD

Preheat the oven to 450°F.

Cover the bare bones on the lamb racks with little pieces of aluminum foil to keep them from burning. Generously season the racks with salt and pepper. Set aside.

Combine the breadcrumbs with the parsley, thyme, and garlic in a mixing bowl. Add just enough olive oil to moisten.

Heat a heavy-duty frying pan over high heat. When very hot, add the seasoned lamb racks, meat side down. Using a wooden spoon, tongs, or a spatula, press the meat into the hot pan so that it sears quickly and evenly. Then turn the racks so that all sides get a quick sear. This should take no more than 5 minutes.

When the racks have all been seared, using a pastry brush generously coat the meat side with the mustard. Try to give a smooth coating. Then, carefully pat an even layer of the breadcrumb mixture over the mustard, pressing down to adhere to the meat.

Transfer the coated racks to a baking sheet with sides, meat side up. Roast for about 20 minutes or until medium-rare (120°F on an instant-read thermometer). Let rest for 5 minutes.

Place on a serving platter and present at the table. Working quickly (the lamb will continue to cook and you want to keep it nice and pink), cut the racks between the bones into individual chops. Serve immediately.

NOTE: To “French” a rack of lamb the chine bone is removed, excess fat is cut from the meat, and the meat, fat, and sinew is scraped from the ends of the rib bones leaving them exposed. This is done for esthetic reasons, only. It is easy to do, but most racks are now sold this way.