

Herb Crusted Rack of Lamb

Don't forget to use fresh Ontario Racks of Lamb that are available at your local Butcher Shop, Herrington 's.

1 large Rack of Lamb (approximately 7-10 ribs), cut into two parts (easier to work with)

High Quality Olive Oil (Olearia San Giorgio Virgin Olive Oil)

½ cup bread crumbs

2 tbsp minced garlic

2 tbsp fresh Rosemary (or dried)

1 tbsp fresh Chives (or dried)

Fresh Ground Sea Salt and Fresh Ground Pepper

Dijon Mustard

Preheat oven to 425 degrees.

In a large mixing bowl, combine ½ cup bread crumbs, 2 tbsp of minced garlic, 2 tbsp fresh rosemary, ½ tsp salt and 1 tbsp of fresh chives (optional). Mix this up and add in about 2 tbsp olive oil to moisten. Set aside. Let sit for a bit to infuse the flavours.

Heat 2 tbsp olive oil in pan, season rack of lamb with fresh ground pepper and salt. Sear all ends of lamb for about. 2 minutes each side. Set aside to cool a bit.

Brush lamb with Dijon Mustard until well coated. Put into mixing bowl with the bread crumb mixture and coat all over making sure the lamb is well coated. Cover tips of bones with foil to prevent burning.

Place in roasting pan bone side down and cook for 12-18 minutes (I tend to cook for 18 minutes if I have ten larger racks and 14 minutes if I have seven). Remember not to open the oven while cooking. Do not cook any longer as lamb should be medium rare. Remove and cover loosely with foil and sit for 5 minutes. Cut ribs again to display on plate..

Red Wine Gravy: (Brent's addition)

While the lamb is cooking, add about 1 cup of red wine into the pan that you seared the lamb in. Add in one packet of Beef Bovril and then add in just about ¾ cup of water. In a separate cup mix up one heaping tablespoon of Bisto powder thickener and one tablespoon of corn starch and enough water to make it smooth- Whisk in a little bit at a time after the liquid comes to a boil. Make it fairly thick to stick to the lamb. Just drizzle over lamb and plate, but not too much as to take away from the flavour of the lamb.