



Garden Fresh Farm Recipes

Rosemary, Thyme & Garlic Oven Roasted Rack of Lamb

We had lamb while visiting Australia and loved it. Costco sells Australian rack of lamb already "Frenched". It brings back many fond food memories. We love the grilling method. The herb marination of the rack of lamb make for a flavorful, juicy, tender delicious result. Our opinion is that the rack of lamb should be cooked rare, or at most medium rare. We have served the grilled rack of lamb medium rare with garlic mashed potatoes and fresh garden greens.

Ingredients:

1 or more Frenched* lamb rib racks with 7 to 8 ribs each (1 1/4 to 2 pounds for each rack, figure each rack feeds 2-3 people)

For each rib rack:

2 teaspoons chopped fresh rosemary

1 teaspoon chopped fresh thyme

2 cloves garlic, minced

Salt

Pepper

2 tablespoons extra virgin olive oil



Directions:

Marinate lamb in rub - Mix rosemary, thyme, garlic, salt, pepper and olive oil in a sealable plastic bag. Place rib rack(s) in the plastic bag and mix well to coat the rack. Squeeze out as much air as you can from the bag and seal.

Marinate in the refrigerator overnight, or at room temperature for 1 1/2 to 2 hours as the lamb is coming to room temperature in the next step.

Bring lamb to room temp, remove lamb rack from refrigerator to 1 1/2 to 2 hours before you cook it so that it comes to room temp, otherwise the inside will still be raw while the outside is cooked.

Grilling Option - Wrap bones with aluminum foil to keep from burning. Place rack on grill about 4" above moderate heat (450 degrees) meat side down. Cook about 8-12



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minutes on each side until internal temperature is 135°F for medium rare or 145°F for medium. Let rest for 15 minutes.

USE A MEAT THERMOMETER!

Many factors can affect cooking time like the shape of the roast, the fat marbling, and your individual grill or oven characteristics. Do not overcook.

Cut lamb chops away from the rack by slicing between the bones. Serve 2-3 chops per person.

Oven Roasting Option - Preheat oven to 450°F, arrange the oven rack so that the lamb will be in the middle of the oven.

Score the fat, sprinkle with salt and pepper, wrap bones in foil, place in pan fat side up: Score the fat, by making sharp shallow cuts through the fat, spaced about an inch apart.

Place the lamb rack bone side down (fat side up) on a roasting pan lined with foil. Wrap the exposed rib bones in a little foil so that they don't burn.

Roast first at high heat to brown, then reduce heat to finish. Place the roast in the oven roast at 450°F for 10 minutes (longer if roasting more than one rack), or until the surface of the roast is nicely browned.

Then lower the heat to 300°F. Cook for 10-20 minutes longer, until a meat thermometer inserted into the thickest part of the meat 125°F on a for rare or 135°F for medium rare or 145°F for medium. Remove from oven, cover with foil and let rest for 15 minutes.

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*Typically you will buy a rack of lamb already "Frenched", or cut so that the rib bones are exposed. You can also ask your butcher to french them for you.