

Roast Rack of Lamb with Mustard

Serves 4

Ingredients

- 2 racks of lamb, frenched
- 2 Tbs olive oil
- ¼ tsp coarse salt
- 2/3 cup bread crumbs
- ¼ cup finely chopped parsley
- 2 tsp dried rosemary, crumbled
- 1 clove garlic, minced
- 2 Tbs grainy mustard

Instructions

- 1) Preheat oven to 425 degrees. Rub racks of lamb with 1 Tbs oil; sprinkle with salt and pepper. Place racks, meaty side down in shallow roasting pan. Roast for 15 minutes.
- 2) Combine the remaining oil with the bread crumbs, parsley, rosemary, garlic, and mustard.
- 3) Remove the meat the oven and turn meaty side up. Spread the crumb mixture over the meat, pressing lightly with the back of a spoon.
- 4) Return the meat to the oven and continue roasting for an additional 15 to 20 minutes, or until the internal temperature is 145 degrees (medium rare). Let sit for 5 minutes before carving.