



Classic Rack of Lamb



Gluten Free



Dairy Free



Popular

READY IN



155 min.

SERVINGS



2

CALORIES



1072 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 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)
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 servings salt
- ☐ 2 servings bell pepper
- ☐ 2 tablespoons olive oil extra virgin

Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

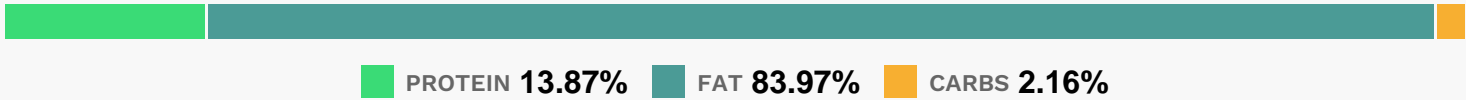
Directions

- ☐ Marinate lamb in rub: Rub rib rack(s) all over with mixture of rosemary, thyme, and garlic.
- ☐ Sprinkle with freshly ground black pepper.
- ☐ Place in a thick plastic bag with olive oil.
- ☐ Spread oil around so that it coats the lamb rack(s) all over. Squeeze out as much air as you can from the bag and seal.
- ☐ Place in a container so that if the bag leaks, the container catches the leak.
- ☐ If you want, place in the refrigerator overnight. Or, if you are not marinating overnight, let lamb rack(s) sit in the rub marinade as it comes to room temperature before cooking.
- ☐ Remove lamb rack from refrigerator to 1 1/2 to 2 hours before you cook it so that it comes to room temp. (If the meat is not at room temperature it will be hard for it to cook evenly.)
- ☐ 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.
- ☐ Sprinkle the rack all over with salt and pepper.
- ☐ Place the lamb rack bone side down (fat side up) on a roasting pan lined with foil. Wrap the exposed ribs 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 (depending on the size of the lamb rack, if you are roasting more than one rack, and how rare or well done you want your

lamb), until a meat thermometer inserted into the thickest part of the meat 125°F on a for rare or 135°F for medium rare.

- ☐ Remove from oven, cover with foil and let rest for 15 minutes.
- ☐ Cut lamb chops away from the rack by slicing between the bones.
- ☐ Serve 2–3 chops per person.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:30.251739004384%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1072.04kcal (53.6%), Fat: 99.62g (153.26%), Saturated Fat: 39.61g (247.58%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.16g (3.51%), Cholesterol: 188.63mg (62.88%), Sodium: 336.67mg (14.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.05%), Vitamin C: 97.92mg (118.69%), Vitamin B12: 5.19µg (86.46%), Vitamin B3: 15.88mg (79.42%), Selenium: 42.2µg (60.28%), Vitamin A: 2383.3IU (47.67%), Zinc: 6.97mg (46.45%), Phosphorus: 365.12mg (36.51%), Vitamin B2: 0.54mg (31.95%), Vitamin B6: 0.53mg (26.54%), Vitamin E: 3.64mg (24.28%), Iron: 4.08mg (22.68%), Vitamin B1: 0.29mg (19.66%), Potassium: 647.74mg (18.51%), Vitamin B5: 1.8mg (17.98%), Folate: 69.67µg (17.42%), Magnesium: 56.06mg (14.02%), Copper: 0.25mg (12.43%), Vitamin K: 12.13µg (11.55%), Manganese: 0.19mg (9.6%), Fiber: 1.78g (7.13%), Calcium: 52.5mg (5.25%)