



Cook the Book: Rack of Lamb Glazed with Citrus and Vinegar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1036 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 teaspoons fennel seeds whole (or 1 teaspoon ground)
- ☐ 1 clove garlic peeled
- ☐ 2 juice of lemon
- ☐ 2 orange juice
- ☐ 2 wire rack racks of per person)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.3 teaspoon pepper red
- ☐ 0.5 tablespoon rosemary finely chopped
- ☐ 1.5 tablespoons salt
- ☐ 4 servings sea salt for sprinkling

Equipment

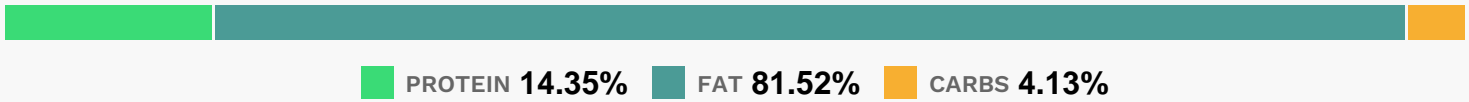
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Blend the fennel seeds (or ground fennel), lemon juice, orange juice, garlic, olive oil, and harissa or red pepper flakes in the blender on medium until combined, about 30 seconds.
- ☐ Place the racks of lamb in a large container and pour the mixture over the top. Cover with plastic wrap and place in the fridge to marinate for at least 2 hours—the longer the meat rests in the marinade the better, up to 8 hours.
- ☐ Turn the broiler or grill on to high.
- ☐ Remove the lamb from the fridge and allow it to come to room temperature on the counter, at least 30 minutes. Reserve the marinade.
- ☐ Season the lamb on both sides with the salt and pepper, place it on a roasting rack, and put it under the broiler, on the middle rack, or on the grill with the cap of fat facing down.
- ☐ Broil the lamb until the fat cap starts to caramelize, about 3 minutes. Rotate the pan and continue broiling as it browns, about 2 1/2 minutes more. Flip the lamb racks over and continue broiling until the fat on top has started to caramelize and render, about 5 more minutes.
- ☐ Turn the oven to 400°F.

- ☐ Remove the lamb from the oven, brush it with the marinade on both sides, and then return it to the oven. Cook until your desired level of doneness: about 20 to 25 minutes for medium-rare (or 115°F on a meat thermometer).
- ☐ Remove the lamb from the oven and allow it to rest on the roasting rack for 20 minutes, so the meat becomes tender and juicy.
- ☐ Remove the pot from the heat; add the chopped rosemary and mix to combine. The glaze should taste sweet, sour, spicy, and herby all at once.
- ☐ Cut the chops between the bones.
- ☐ Brush the lambs with the vinegar glaze and sprinkle liberally with sea salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:4.41, Inflammation Score:-3, Nutrition Score:22.818260939225%

Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1035.78kcal (51.79%), Fat: 92.66g (142.55%), Saturated Fat: 38.63g (241.46%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 9.91g (3.6%), Sugar: 7.68g (8.53%), Cholesterol: 188.63mg (62.88%), Sodium: 2960.05mg (128.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Vitamin B12: 5.19µg (86.46%), Vitamin B3: 15.33mg (76.66%), Selenium: 41.89µg (59.85%), Zinc: 6.84mg (45.6%), Phosphorus: 358.96mg (35.9%), Vitamin B2: 0.49mg (28.79%), Vitamin C: 21.4mg (25.94%), Iron: 4.11mg (22.82%), Vitamin B1: 0.29mg (19.07%), Potassium: 608.15mg (17.38%), Vitamin B5: 1.62mg (16.21%), Vitamin B6: 0.31mg (15.64%), Magnesium: 57.55mg (14.39%), Copper: 0.26mg (13.12%), Folate: 47.57µg (11.89%), Vitamin E: 1.54mg (10.25%), Manganese: 0.18mg (8.97%), Calcium: 68.78mg (6.88%), Vitamin K: 4.39µg (4.18%), Fiber: 0.67g (2.68%), Vitamin A: 107.2IU (2.14%)