



Herb-Crusted Rack of Lamb

READY IN



120 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 8 servings sea salt for serving
- 0.3 cup dijon mustard
- 1 tablespoon rosemary leaves fresh finely chopped
- 5 medium garlic clove finely chopped
- 1 tablespoon honey
- 8 servings kosher salt
- 4 pound frenched 8-bone lamb racks of trimmed to 1/4 inch
- 5 anchovy dried rinsed finely chopped

- 1.5 cups panko bread crumbs
- 3 tablespoons parsley fresh italian finely chopped
- 6 tablespoons butter unsalted cut into small pieces at room temperature ()
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- roasting pan
- kitchen thermometer
- cutting board
- pastry brush

Directions

- Heat the oven to 425°F and arrange a rack in the bottom third. Meanwhile, let the lamb sit at room temperature. Generously season the racks all over with salt and pepper.
- Heat 1 tablespoon of the oil in a large frying pan over medium-high heat until shimmering.
- Place 1 lamb rack fat-side down in the pan and sear until golden brown, rotating the rack to brown as much of the fat as possible (you're just trying to brown the fat, so don't worry about flipping the rack over), about 3 to 4 minutes total.
- Transfer the lamb to a work surface, browned-side up.
- Drain the oil from the pan and wipe out any browned bits with a paper towel. Return the pan to medium-high heat, add the remaining tablespoon of oil, and repeat with the remaining rack.
- Place the garlic and anchovies on a cutting board. Make a paste by pressing down on the blade of a chef's knife and dragging the side of it across the garlic and anchovies at a 15-degree angle, alternating between smashing them together and chopping the mixture, until a fine paste forms.

- Transfer the paste to a medium bowl.
- Add the butter and mix until smooth and combined.
- Add the panko, parsley, and rosemary and use your hands to evenly combine; set aside.
- Place the mustard and honey in a small bowl and stir to combine. Using a pastry brush, evenly brush the browned sides of the lamb racks with the mustard-honey mixture, using all of it. Using your hands, gently press half of the panko mixture onto each of the racks over the mustard-honey mixture, making sure to cover the rack all the way up to the bones.
- Place the prepared lamb racks in a roasting pan with the bones facing the same direction. Roast, rotating the pan halfway through the cooking time, until an instant-read thermometer inserted into the center registers 125°F to 130°F for rare, about 25 to 35 minutes.
- Transfer the racks to a cutting board and let them rest uncovered for about 15 minutes. Carve each rack into 4 (2-bone) chops and arrange them on a platter. (Some of the coating may fall off—just sprinkle it back on the lamb.) Season with gray or coarse sea salt and serve.

Nutrition Facts

PROTEIN 6.25% **FAT 67.08%** **CARBS 26.67%**

Properties

Glycemic Index:22.28, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:5.4204347185467%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 171.27kcal (8.56%), Fat: 13.02g (20.04%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 10.54g (3.83%), Sugar: 3.04g (3.38%), Cholesterol: 24.08mg (8.02%), Sodium: 589.16mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin K: 32.68µg (31.13%), Selenium: 7.67µg (10.96%), Manganese: 0.2mg (10.04%), Vitamin B1: 0.14mg (9.04%), Vitamin A: 405.4IU (8.11%), Vitamin B3: 1.2mg (5.99%), Iron: 0.96mg (5.32%), Fiber: 1.11g (4.43%), Phosphorus: 40.8mg (4.08%), Calcium: 40.42mg (4.04%), Folate: 15.98µg (4%), Vitamin E: 0.6mg (3.97%), Vitamin B2: 0.07mg (3.96%), Vitamin C: 2.69mg (3.26%), Magnesium: 12.73mg (3.18%), Copper: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.33mg (2.2%), Potassium: 69.98mg (2%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.07µg (1.21%), Vitamin D: 0.16µg (1.05%)