



Irish Rack of Lamb

 Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



1368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce brown gravy mix
- ☐ 1 tablespoon butter
- ☐ 3 ounces demi-glace reduction of red wine, vegetables, and veal bones
- ☐ 1 teaspoon garlic minced
- ☐ 1 pinch kosher salt
- ☐ 0.3 optional: lemon cut into a wedge
- ☐ 1 tablespoon olive oil pure
- ☐ 1 pinch cracked pepper black

- ☐ 1 serving lamb loins rack of 6–chop
- ☐ 1 small branch rosemary
- ☐ 2 ounces irish whiskey

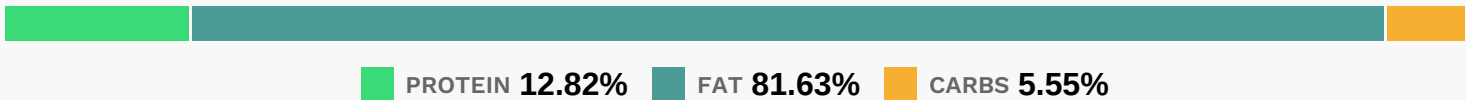
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ To make Irish
- ☐ Whiskey Rack Sauce, combine the oil, garlic, rosemary, and lemon in a frying pan.
- ☐ Heat on high flame (do not brown garlic). Pull pan away from flame.
- ☐ Add whiskey, return to flame, and add salt and pepper.
- ☐ Add the demi–glace and brown gravy.
- ☐ Let reduce and add the butter in slowly, off the heat to thicken the sauce. Keep warm.
- ☐ Clean rack thoroughly (remove all silver skin). Season lightly with salt and pepper.
- ☐ Place sizzle pan upside down on the grill. Put lamb, meat–side–down next to the sizzle pan with the bones resting on the pan. This will keep the bones from burning. Make the cross–brand mark on the meat side, then turn and cook for a few minutes on the bone side. Finish in oven, if you prefer well done.
- ☐ When presenting, cut the lamb into 2 pieces. Stand up and cross the bones as if to build a tee–pee. Top with Irish
- ☐ Whiskey Rack Sauce.
- ☐ This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The FN chefs have not tested this recipe, and therefore, we cannot guarantee the results.

Nutrition Facts



Properties

Glycemic Index:267.5, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:30.474782114444%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 1368.41kcal (68.42%), Fat: 111.75g (171.92%), Saturated Fat: 46.86g (292.88%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 12.78g (4.65%), Sugar: 1.73g (1.92%), Cholesterol: 218.73mg (72.91%), Sodium: 467.62mg (20.33%), Alcohol: 20.41g (100%), Alcohol %: 5.43% (100%), Protein: 39.49g (78.99%), Vitamin A: 4678.51IU (93.57%), Vitamin B12: 5.21µg (86.85%), Vitamin B3: 16.26mg (81.32%), Selenium: 42.72µg (61.03%), Zinc: 7.19mg (47.92%), Phosphorus: 404.41mg (40.44%), Vitamin B2: 0.56mg (32.85%), Vitamin C: 24.15mg (29.28%), Iron: 4.6mg (25.57%), Vitamin B1: 0.37mg (24.97%), Vitamin B6: 0.42mg (20.8%), Potassium: 707.53mg (20.22%), Vitamin E: 2.83mg (18.88%), Vitamin B5: 1.76mg (17.63%), Magnesium: 68.67mg (17.17%), Fiber: 4.29g (17.16%), Copper: 0.33mg (16.44%), Manganese: 0.32mg (16.24%), Folate: 63.22µg (15.8%), Vitamin K: 9.62µg (9.16%), Calcium: 76.19mg (7.62%)