



Rack of Lamb with Pasilla Chiles

 Gluten Free

READY IN



195 min.

SERVINGS



45

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 pasilla chiles seeded see Note
- ☐ 6 garlic cloves unpeeled
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.3 cup honey
- ☐ 45 servings kosher salt and pepper freshly ground
- ☐ 4 servings bone lamb racks of fat trimmed not frenched
- ☐ 45 servings olive oil

- ☐ 1 teaspoon mexican oregano dried
- ☐ 45 servings onion and parsley and queso añejo red chopped for garnish see Note

Equipment

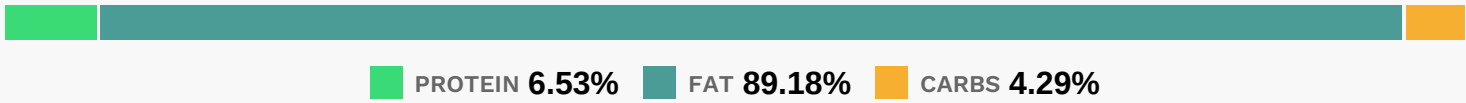
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ microwave
- ☐ spatula

Directions

- ☐ Heat a cast-iron skillet or griddle.
- ☐ Add the garlic and toast over moderate heat until the skin is blackened in spots, 10 minutes.
- ☐ Meanwhile, toast the pasillas in the skillet: Press with a spatula and turn once, until pliable and fragrant, 1 minute.
- ☐ Transfer the chiles to a heatproof bowl and cover with hot water. Microwave at high power for 1 minute, until the chiles are completely rehydrated.
- ☐ Transfer the chiles to a blender and add 1/3 cup of their soaking liquid. Peel the garlic and add to the blender with the honey, vinegar, oregano, cumin, 1 teaspoon of salt and 1/4 teaspoon of pepper. Puree, then strain.
- ☐ Rub the lamb with 1/3 cup of the puree.
- ☐ Let stand for 2 hours or refrigerate overnight.
- ☐ In a small saucepan, simmer the remaining puree with 1/4 cup of water; keep warm.
- ☐ Light a grill and oil the grates. Grill the lamb over moderately high heat, turning and rotating the racks, until lightly charred outside and an instant-read thermometer inserted in the center of the meat registers 135 for medium-rare, 30 minutes; move the meat to moderate heat if it starts to burn.

- ☐
- Transfer the lamb to a carving board; let rest for 5 minutes. Carve the lamb into chops and garnish with chopped red onion, parsley and queso aejo.
- ☐
- Serve with the pasilla sauce.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:3.6408695759981%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 218.53kcal (10.93%), Fat: 21.87g (33.64%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.98g (2.2%), Cholesterol: 17.84mg (5.95%), Sodium: 207.3mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin E: 2.11mg (14.04%), Vitamin C: 8.76mg (10.62%), Vitamin K: 9.55µg (9.1%), Vitamin B12: 0.46µg (7.69%), Vitamin B3: 1.43mg (7.13%), Selenium: 3.81µg (5.44%), Zinc: 0.62mg (4.17%), Phosphorus: 33.72mg (3.37%), Vitamin B6: 0.06mg (3.03%), Vitamin B2: 0.05mg (2.85%), Iron: 0.49mg (2.71%), Potassium: 65.46mg (1.87%), Vitamin B1: 0.03mg (1.82%), Vitamin B5: 0.15mg (1.53%), Copper: 0.03mg (1.5%), Magnesium: 5.72mg (1.43%), Manganese: 0.03mg (1.34%), Vitamin A: 65.12IU (1.3%), Folate: 4.62µg (1.16%), Calcium: 11.55mg (1.15%)