



Roast Rack of Lamb with Natural Jus



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings water as needed
- ☐ 1 lamb loins racks of rack of
- ☐ 450 grams lamb stew meat cut into 1/2-inch (1 cm) pieces
- ☐ 4 servings salt and pepper to taste

Equipment

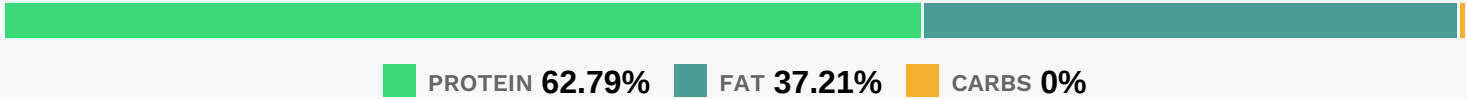
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

☐ stove

Directions

- ☐ Season the lamb and allow it to come to room temperature. Preheat the oven to 450°F (230°C).
- ☐ Spread the lamb trimmings or stew meat over the bottom of a roasting pan just large enough to hold the rack and roast until lightly browned, about 30 minutes.
- ☐ Place the rack on top of the trimmings (this base of trimmings is called a *fouçage*) and slide into the oven. Roast until springy to the touch, about 25 minutes.
- ☐ Let rest, loosely covered with aluminum foil, for 15 minutes.
- ☐ Put the roasting pan on top of the stove and pour over a cup (250 milliliters) of broth. Bring to a boil and boil until a brown crust of caramelized juices forms on the roasting pan.
- ☐ Pour out any liquid fat floating on top. Deglaze again with a cup (250 milliliters) of broth and scrape up the juices. Repeat the caramelization as many times as practical before deglazing a final time. Pass the jus in a sauce boat at the table.
- ☐ Reprinted with permission from *Sauces: Classic and Contemporary Sauce Making* by James Peterson, © 2008 John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.52217387157%

Nutrients (% of daily need)

Calories: 151.46kcal (7.57%), Fat: 6g (9.23%), Saturated Fat: 2.15g (13.45%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 73.31mg (24.44%), Sodium: 278.89mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.56%), Vitamin B12: 3.08µg (51.28%), Selenium: 25.7µg (36.71%), Vitamin B3: 6.71mg (33.54%), Zinc: 4.7mg (31.34%), Phosphorus: 213.02mg (21.3%), Vitamin B2: 0.27mg (15.91%), Iron: 2mg (11.09%), Vitamin B1: 0.15mg (9.77%), Potassium: 320.1mg (9.15%), Vitamin B6: 0.18mg (9.02%), Copper: 0.17mg (8.72%), Vitamin B5: 0.8mg (8%), Magnesium: 31.67mg (7.92%), Folate: 25.92µg (6.48%), Calcium: 17.38mg (1.74%), Vitamin E: 0.25mg (1.65%), Manganese: 0.03mg (1.38%)