



Smoked Pistachio Rack of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 teaspoon fennel seeds
- ☐ 0.3 cup mint leaves fresh
- ☐ 6 cloves garlic peeled (half a head)
- ☐ 2 teaspoons granulated sugar
- ☐ 1 rack lamb loins (720 grams, 27 ounces)
- ☐ 0.3 cup pistachios shelled

- ☐ 3 servings pomegranate molasses for serving
- ☐ 1 tablespoons salt
- ☐ 2 tablespoons freshly tea
- ☐ 1 teaspoon coriander seeds whole
- ☐ 2 teaspoons cumin seeds whole

Equipment

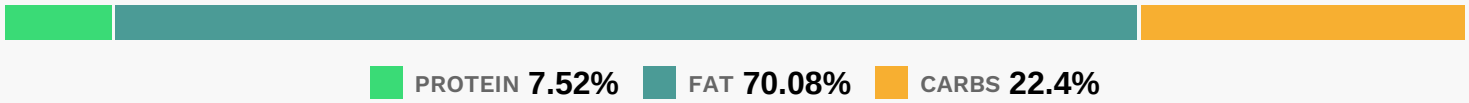
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ To make the pistachio crust, add the garlic, mint, olive oil, salt, cumin, fennel, coriander, and black peppercorns to the small bowl of a food processor and pulse until everything is roughly ground. You'll need to scrape down the sides of the work-bowl a few times.
- ☐ Add the pistachios and pulse until the mixture is a coarse gravelly texture.
- ☐ Spread the pistachio mixture all over the rack of lamb, cover and refrigerate overnight. Preheat oven to 375 degrees F (190 C)Line a cast iron dutch oven with aluminum foil.
- ☐ Add the tea and sugar then place a wire rack over on top to keep the rack of lamb elevated off the tea and sugar. With an externally venting hood running on high, cover the pot with a tight fitting lid and heat over high until you see smoke coming out from the pot. Quickly add the rack of lamb, and close the lid. Smoke the lamb for 10 minutes.
- ☐ Remove the lid, then transfer the pan to the oven and roast until the lamb has reached 135 degrees F (57 C) for medium rare (about 20–25 minutes).

- ☐
- Remove the lamb from the oven and transfer to a cutting board and allow it to rest for 10 minutes before slicing the lamb chops between the bones.
- ☐
- Serve with pomegranate molasses.

Nutrition Facts



Properties

Glycemic Index:51.7, Glycemic Load:3.05, Inflammation Score:-4, Nutrition Score:7.4665217503257%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg Thearubigins: 8.01mg, Thearubigins: 8.01mg, Thearubigins: 8.01mg, Thearubigins: 8.01mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 197.15kcal (9.86%), Fat: 16.25g (25%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.79g (3.2%), Sugar: 4.16g (4.62%), Cholesterol: 0.24mg (0.08%), Sodium: 2331.86mg (101.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Manganese: 0.62mg (31.19%), Vitamin B6: 0.33mg (16.26%), Copper: 0.26mg (12.8%), Iron: 2.17mg (12.05%), Fiber: 2.89g (11.56%), Vitamin E: 1.72mg (11.49%), Vitamin B1: 0.15mg (9.91%), Phosphorus: 94.45mg (9.45%), Magnesium: 33.62mg (8.4%), Vitamin K: 8.21µg (7.81%), Potassium: 253.57mg (7.24%), Calcium: 67.55mg (6.75%), Vitamin C: 4.21mg (5.11%), Vitamin A: 242.41IU (4.85%), Zinc: 0.57mg (3.79%), Selenium: 2.21µg (3.16%), Folate: 12.36µg (3.09%), Vitamin B2: 0.05mg (3.08%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.14mg (1.43%)