



Spice-Crusted Rack of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small bay leaves crumbled
- ☐ 4 teaspoons peppercorns black
- ☐ 2 celery stalks chopped
- ☐ 2 teaspoons cumin seeds
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 8 large garlic cloves chopped

- ☐ 1 teaspoon ground turmeric
- ☐ 2 pounds meaty lamb neck bones
- ☐ 5 cups low-salt chicken broth canned
- ☐ 1 cup onion chopped
- ☐ 2 large plum tomatoes chopped
- ☐ 3.8 pound lamb racks
- ☐ 0.8 teaspoon cardamom seeds whole green (from pods)
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons coriander seeds whole

Equipment

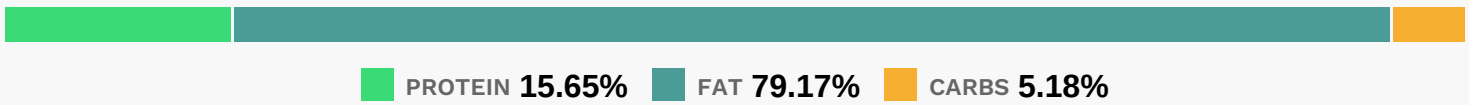
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ kitchen thermometer

Directions

- ☐ Blend all spices to powder in grinder or mill.
- ☐ Transfer spice rub to small bowl.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add bones; sauté until brown, about 10 minutes.
- ☐ Add celery, onion, garlic, ginger and bay leaves. Reduce heat to medium; sauté until celery is tender, about 5 minutes.
- ☐ Mix in tomatoes and 2 tablespoons spice rub; stir 2 minutes.

- ☐ Add broth, wine and mint. Bring to boil. Reduce heat to medium-low; cover and simmer 1½ hours. Strain into medium saucepan, pressing hard on solids in sieve. Spoon fat off top of broth; reserve fat for use with lamb. Boil broth until reduced to 1½ cups, about 25 minutes. Season sauce to taste with salt and pepper; set aside.
- ☐ Brush each lamb rack with some of reserved lamb fat.
- ☐ Sprinkle each rack with salt and pepper; rub each with 1 tablespoon spice rub.
- ☐ Place on rimmed baking sheet.
- ☐ Let stand at room temperature 2 hours. (Sauce and lamb can be prepared 1 day ahead. Cover separately; chill. Bring lamb to room temperature before continuing.) Preheat oven to 400°F
- ☐ Heat large skillet over high heat. Sear 1 lamb rack on all sides until brown, about 8 minutes. Return to baking sheet. Repeat with remaining lamb racks. Roast lamb until thermometer inserted into center registers 125°F for rare, about 25 minutes.
- ☐ Rewarm sauce.
- ☐ Cut lamb between bones into chops. Divide lamb among 6 plates. Spoon sauce over lamb.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:24.221304312996%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 918.49kcal (45.92%), Fat: 79.87g (122.88%), Saturated Fat: 32.87g (205.46%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 9.08g (3.3%), Sugar: 2.26g (2.52%), Cholesterol: 157.28mg (52.43%), Sodium: 183.1mg

(7.96%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 35.53g (71.07%), Vitamin B3: 15.68mg (78.38%), Vitamin B12: 4.52µg (75.37%), Selenium: 36.14µg (51.63%), Zinc: 6.17mg (41.11%), Phosphorus: 383.59mg (38.36%), Manganese: 0.74mg (36.91%), Vitamin B2: 0.49mg (28.88%), Iron: 4.83mg (26.84%), Potassium: 787.81mg (22.51%), Copper: 0.4mg (19.8%), Vitamin B6: 0.38mg (19.07%), Vitamin K: 19.67µg (18.73%), Vitamin B1: 0.25mg (16.71%), Magnesium: 64.04mg (16.01%), Vitamin B5: 1.42mg (14.23%), Fiber: 2.67g (10.67%), Folate: 41.12µg (10.28%), Calcium: 94.61mg (9.46%), Vitamin C: 7.37mg (8.93%), Vitamin E: 1.12mg (7.48%), Vitamin A: 286.29IU (5.73%)