

Roasted Rack of Lamb

Breadcrumb Coating

- 1/2 c fresh breadcrumbs
- 1 T minced garlic
- 1 T chopped fresh rosemary
- 1 t salt
- 1/4 t black pepper
- 1 T olive oil

Mix in a large flat dish.

Rack of Lamb

- 1 (7 bone) rack of lamb, trimmed and frenched
- 1 t salt
- 1 t black pepper
- 1 T olive oil
- 1 T Dijon mustard

Season the lamb with salt and pepper. Use less salt if you are paying attention to all the health news about the dangers of consuming too much salt.

Sear the lamb, on top of the stove in a heavy skillet, for about 2 minutes per side, over high heat, in a tablespoon of olive oil.

Cool for a few moments then coat with a tablespoon of Dijon.

Lay the lamb down onto the breadcrumb mixture, coating all sides.

Wrap the exposed ends in tinfoil so they don't burn.

Preheat your oven and roast the rack bone side down, at 450F for 16 minutes, covering and allowing the meat to rest for 5 minutes before carving.

Jittery Cook