

Roasted Lamb Rack with Dijon, Parsley, and Chives

Serves 4

Prep Time: 5 minutes

Cook Time: 22 minutes

Ingredients

Two 1- to 1 1/4-lb well-trimmed
lamb racks

2 tbs olive oil

1/2 cup finely chopped flat leaf parsley

1/2 cup finely chopped fresh chives

3 tbs Dijon mustard

Extra-virgin olive oil, for drizzling



Method

1. Preheat oven to 450°F.
2. Season lamb with salt and pepper. Heat a large skillet over medium-high heat. Add olive oil, then add lamb and cook, turning occasionally, for about 6 minutes, or until racks are golden brown all over. Transfer lamb racks to a heavy baking sheet and roast for about 15 minutes, or until an instant-read thermometer inserted into the center of the lamb registers 125°F for medium-rare doneness. Set aside to rest for 10 minutes.
3. On a large plate, mix parsley and chives. Spread mustard over meat side of roasted lamb racks and then press mustard-coated side of lamb firmly into herbs, creating a green herb crust.
4. Carve lamb racks between bones into individual chops. Divide lamb among plates, drizzle with extra-virgin olive oil, and serve.