

Lamb

Rack of Lamb with a Walnut & Herb Crust

Serves 4-6

Ingredients

2 prepared racks of lamb

1 egg beaten

Walnut & Herb Crust

½ cup (30g) fresh whole wheat bread crumbs

½ cup (30g) parsley, chopped

2 tbsp coarsely chopped walnut pieces

2 large garlic cloves, crushed

Finely grated zest of 1 lemon

1 tbsp walnut oil

Salt and black pepper

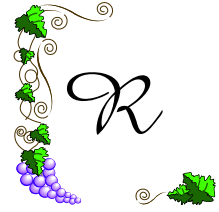
Wine & Grape Sauce

2/3 cup (150 ml) dry white wine

2/3 cup (150 ml) lamb or chicken stock

4 oz (125 g) seedless green grapes, halved

1. Brush the outsides of the racks of lamb with some of the beaten egg.
2. Prepare the walnut and herb crust: combine the bread crumbs, parsley, walnuts, garlic, lemon zest, and oil, season with salt and pepper, and bind with the remaining egg. Chill for 30 minutes.
3. Coat the racks with the walnut and herb crust (*Press half of the walnut and herb crust mixture onto the meaty side of each rack of lamb, using a metal spatula*), and put them crust side up into a roasting pan. Cook in a preheated oven at 400°F (200°C) for 30 minutes.
4. Remove the lamb, cover with foil, and leave to stand in a warm place for 10 minutes. Meanwhile, make the sauce: spoon all but 1 tbsp of the fat from the roasting pan.
5. Set the pan on the stovetop, pour in the wine, and bring to a boil, stirring to dissolve any sediment from the bottom of the pan.
6. Add the stock and boil, stirring occasionally, for 2-3 minutes. Taste the sauce for seasoning, strain into a warmed sauce boat, and stir in the grapes. Serve with the lamb.



Lamb

Pistachio-Crusted Rack of Lamb

Makes 4 Servings

Ingredients:

- 1 cup pomegranate juice
- ¼ cup dried currants
- 1 garlic clove, peeled
- 3 tablespoons chilled butter, cut into ½-inch cubes
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- 1 large rack of lamb (2 ¼ pounds), well trimmed
- ¼ cup chopped natural unsalted pistachios
- ¼ cup panko (Japanese breadcrumbs)

Directions:

1. Preheat oven to 400°. Boil pomegranate juice, currants, and garlic in medium skillet until liquid is syrupy and mixture is reduced to ¼ cup, stirring often, about 10 minutes. Transfer mixture to mini processor. Add butter, cinnamon, and cumin and blend until coarse puree forms. Place processor bowl in freezer 10 minutes to firm butter slightly.
2. Line small rimmed baking sheet with foil. Place lamb, bone side down, on sheet. Sprinkle with salt and pepper. Spread pomegranate butter over; sprinkle pistachios and panko over, pressing to adhere.
3. Roast rack of lamb until instant-read thermometer inserted into side registers 135°F for medium-rare, about 30 minutes. Transfer to work surface and let rest 10 minutes. Cut lamb between bones. Drizzle with any juices from foil.