

Rack of lamb

The line up of ingredients is

1 rack of lamb (one rack feeds 2 people)
1 tbsp Olive oil
2 tbsp roasted garlic
1 Tbsp rosemary crushed
2 Tbsp Dijon mustard
Zest of one lemon
2 cups fresh yad never know bread crumbs
Salt and pepper to taste

Directions

Preheat oven to 350 F

Season lamb with salt and pepper. In an ovenproof pan, sear lamb. Remove from pan.

Mix garlic and Dijon to make a paste rub paste all over lamb.

Mix rosemary, lemon zest and bread crumbs on a plate

Roll rack in bread crumb mixture and pat firmly.

Bake in preheated 350F oven for approx. 20 minutes, internal temperature should be 125 F. Remove, cover with foil and let stand for 10 minutes.

Lamb should not be cooked past medium or it will lose its tenderness

Mint Sauce

1/2 cup finely chopped fresh mint leaves
1 cup cider vinegar
1/2 organic cane white sugar

Rinse young, healthy mint leaves, strip from the stems, and chop into fine pieces chop by hand. Bring vinegar to a simmer in a small saucepan, add sugar and chopped leaves. Simmer for 20 minutes