



NICHOLS LIVERPOOL

Roasted Rack of Lamb

1/2 cup Italian Breadcrumbs
2 tbs minced garlic
2 tbs chopped fresh rosemary
1 tsp salt
1/4 tsp black pepper

1 7 bone rack of lamb, trimmed and frenched
1 tsp salt
1 tsp black pepper
2 tbs olive oil
1 tbs Dijon mustard

Preheat oven 450 degrees and move oven rack into center position.

In large bowl combine bread crumbs, garlic, rosemary, 1 teaspoon of salt and 1/4 teaspoon pepper. Toss in 2 tablespoons olive oil to moisten mixture and set a side.

Season the rack of lamb all over with salt & pepper. Heat 2 tablespoons olive oil in a large heavy oven proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Brush rack of lamb with mustard. Roll in the bread crumb mixture until evenly coated. Arrange the rack one side down in the skillet. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you desire. With a meat thermometer monitor doneness as desired: 125-130 degrees for Rare, 130-140 degrees for Medium or 140-150 degrees for Well done.