

Roasted Rack of Lamb With Fresh Rosemary & Basil Vinaigrette

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COOK with JOHN

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Servings: 4

For the Lamb:

2 Each Rack of Lamb, excess fat removed

2 Tablespoons Dijon Mustard

2 Tablespoons Panko

1 Teaspoon Fresh Rosemary, finely chopped

To Taste Sea Salt, ground

To Taste Cracked Black Pepper, freshly ground

For the Vinaigrette:

2/3 Cup Organic Extra Virgin Olive Oil

1/3 Cup Balsamic Vinegar

1 Tablespoon Dijon Mustard

1/4 Cup Spanish Onion, finely chopped

2 Tablespoons Fresh Rosemary Leaves, finely chopped

1/4 Cup Fresh Basil, washed and patted dry

4 Cloves Fresh Garlic, finely chopped

1 Tablespoon Capers, rinsed and drained

1 Teaspoon Sea Salt

1/2 Teaspoon Cracked Black Pepper, freshly ground

As Garnish:

4 Sprigs Fresh Rosemary

Preparation Time: 30 minutes

Preheat oven to 425 degrees.

In a small bowl combine the panko, the chopped rosemary, sea salt and black pepper, mix well. Coat the racks of lamb with the dijon mustard on the top, bottom and sides, then roll the racks into the panko-herb mixture making sure to fully coat.

Once oven has reached temperature, place the racks onto an ungreased baking sheet and place on middle shelf of oven. Set timer for 20 minutes. AT the end of 20 minutes, reduce oven temperature to 375 degrees and continue to roast the racks for about 20 minutes more, or until desired temperature is reached (145 for Medium-Rare. 160 for medium and about 170 for well done).

Remove racks from oven and let rest for 10 minutes.

While the racks are resting, combine the balsamic vinegar, dijon mustard, onion, rosemary, basil, garlic and capers in the bowl of a food processor. While running, slowly drizzle in the extra virgin olive oil. Adjust seasoning with the sea salt and cracked black pepper.

To Serve: Cut each rack in half between the fourth and fifth ribs, make sure to run the knife along the bone and all the way through. Place a half of rack on each dinner plate and drizzle with the vinaigrette. Place a sprig of the fresh rosemary on top of each rack and enjoy.

Per Serving (excluding unknown items): 625 Calories; 34g Fat (51.1% calories from fat); 67g Protein; 6g Carbohydrate; 1g Dietary Fiber; 225mg Cholesterol; 638mg Sodium. Exchanges: 0 Grain(Starch); 20 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates.

I like to serve simple oven-roasted potatoes and either asparagus or green beans with this lamb dish.

Suggested Wine: Rabbit Ridge Sangiovese or David Bruce Petite Sirah

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