

Black Pepper and Herb Crusted Rack of Lamb

Serves 4–6

This is an elegant main course dish for a special occasion. Ask your butcher to French-cut the chops by cleaning the fat off the racks and scraping the bones.

Pat the lamb dry and brush with oil.

In a small bowl combine the garlic, pepper, chervil, rosemary, thyme and salt. Rub this into the lamb then cover and refrigerate for at least 2 hours.

Place a shallow roasting pan in the oven and preheat to 425°F (220°C). Put the lamb racks in the hot pan fat side up and roast for 25 minutes for rare and 30 minutes for medium rare.

Transfer to a cutting board and let stand, covered loosely with aluminum foil, for 10 minutes.

Slice between bones to separate into individual portions, plate and serve.

Chef's tip Resting the meat for a few minutes allows the juices to set. This makes carving easier and produces moist, flavourful meat.

4 racks of lamb
1½ tablespoons (20 mL) olive oil
1 clove garlic, minced
1 tablespoon (15 mL) coarsely crushed black pepper
1 tablespoon (15 mL) minced fresh chervil or 1 teaspoon (5 mL) dry chervil
½ tablespoon (7 mL) dry rosemary
¼ teaspoon (1 mL) dry thyme
kosher salt

