

Roasted Rack of Lamb

Serves 2-4

Rack of lamb is expensive, but don't be intimidated by its cost. It's very easy to prepare and it makes a special treat for a worthy occasion.

1 rack of lamb (about 8 chops), trimmed of excess fat
1 teaspoon olive oil, more if needed
1/4 cup bread crumbs
1 tablespoon minced fresh mint
1 tablespoon minced fresh thyme
2 tablespoons minced fresh parsley
2 -3 tablespoons Dijon mustard

Preheat the oven to 400 degrees.

In a small bowl, mix together the olive oil and bread crumbs until the bread crumbs are damp. If too dry, add a little more olive oil. Add the minced herbs to the bread crumb mixture and stir to combine.

Coat the top of the rack of lamb with the Dijon mustard and sprinkle the bread crumb and herb mixture over the top. Gently press the mixture into the mustard to make sure it sticks.

Place the rack of lamb on a baking sheet and bake for 10 minutes. Reduce the heat to 375 degrees and bake for another 25 minutes for medium-rare or longer if you prefer your meat more well-done. Allow the lamb to rest for ten minutes before carving. Enjoy!

This recipe came from Minced at www.minced.wordpress.com.