

Roast Rack of Lamb

1 lamb rack
Kosher salt
Pepper
3 tablespoons olive oil

Preheat oven to 425. Lightly season lamb with salt and pepper.

Heat olive oil in an oven safe pan over medium high heat. Add lamb and brown, loin side down and cook until browned, about 4 to 5 minutes. Flip roast and continuing cooking for another 2 minutes. Move pan to oven and cook until internal temperature reaches 120 to 125, about 15 to 20 minutes. Remove from pan and let roast rest for 5 minutes before slicing.

Flavor pairings – fennel, rosemary, lemon, garlic, mint, mustard, thyme, anchovy

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