



Herb-Crusted Rack Of Lamb

Makes 4 Servings

INGREDIENTS

1 Rack Of Lamb, frenched (about 8 cutlets)

Salt and pepper

4 tbsp Dijon Mustard

4 tbsp Olive Oil

1/2 cup Fresh Breadcrumbs

1/4 cup Parmesan Cheese, Grated

2 tbsp Fresh Herbs, such as parsley, thyme, and rosemary...

DIRECTIONS

Heat the oven to 425F/220C. Season the meat with salt and pepper. Mix together the oil and mustard, then slather all over the rack to coat well. Mix together the breadcrumbs, cheese, and herbs, then pack the mixture onto the lamb rack. Place the lamb on a rack, bones arching upwards, in a roasting pan just large enough to hold it and place in oven. Roast until the meat is done to your liking, knowing that 20 minutes will give you medium-rare meat. Let the meat rest out of the oven 10 minutes before carving.