



## Herb & Dijon Crusted Rack of Lamb

Roasted Rack of Lamb is a classic elegant dinner. If you've never prepared rack of lamb, it may seem daunting, but just follow this simple recipe – as they say “Cooking is like love. It should be entered into with abandon or not at all.” The herbs and Dijon mustard accent the Colorado lamb's succulent, meaty flavor.

### INGREDIENTS:

2 4-bone Rack of Lamb  
1-2 Tbsp Olive or Canola Oil  
2-3 Tbsp Dijon Mustard  
Pine Street Market Summer Spice

### PREPARATION

- Remove the lamb from the refrigerator. Season the lamb with salt and pepper and allow to rest on a plate at room temperature for one hour. It's important for the exterior and interior of the meat to equilibrate to ensure even cooking.
- Preheat oven to 350°F.
- Place an oven-safe skillet over medium high heat. Add the oil. When the oil begins to ripple, indicating it is hot, add the lamb rack, fat side down, and sear the racks for 2 minutes or until they begin to brown.
- Using tongs, turn the racks to sear on all 4 sides, approximately 2-3 minutes per side, or until golden brown. Place the racks on a cooling rack, fat side up, to cool.
- Generously brush each rack of lamb with Dijon mustard. Pat the Summer Spice all over the meat for an even layer.
- Place the lamb on a roasting pan, cook for 15 minutes, and check the temperature. We recommend serving your lamb Medium-rare to Medium:
  - Medium-rare (125-130°F), Medium (130-135°F), and Medium-well (135-140°F). We recommend using a large display digital thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- Remove the lamb from the roasting pan and transfer to a platter or cutting board. Allow the meat to rest for 15 minutes before serving. Slice & Enjoy!

## Red Meat Cooking Tips

Most of us were raised to fear raw meat. Under cook chicken - you could get sick. Over cook meat - you just ruined dinner. Cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear on your steak that is undercooked and gummy on the inside. A good rule of thumb is to allow the meat to rest on a plate on your counter for at least 30 minutes per pound. It's okay! Searing the meat will kill bacteria living on the surface of the meat.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F). Butcher Rusty recommends using a large display digital thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout making for a perfectly juicy steak.
- Keep it simple. Hopefully, you have selected a beautiful cut of meat and will want to enjoy its natural flavors. Drowning a steak in a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly grilled steak. Go for a simple compound butter or finishing salt, just enough to compliment the flavor of the meat.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.