



Down Under Rack of Lamb

While in the World Cruise I taught a class using local ingredients. Here is a main dish that will knock your socks off.

425°F

Roasting pan with rack

Instant read thermometer

Serves 4

2 lb	rack of lamb (6 to 8 ribs)
2 tsp	olive oil
1/2 cup	bread crumbs
1/4 cup	all-purpose flour
1 tbsp	herbes de Provence

Place the lamb on the rack of the roasting pan. Rub with olive oil. Set aside.

In a small dish, blend crumbs, flour and herbs together. Pat onto outside of lamb.

Place in preheated oven. Roast until internal temperature reaches 130°F, this should take about 15 to 20 minutes. Let stand for five minutes. Cut between bones and serve 2 chops per person.

Tip: Make the lamb a day prior to serving and just re-heat in the oven for a few minutes.
Variation: Try fresh dill and tarragon in place of the herbes de provence.