



RACK OF LAMB

The fruity, lightly spicy flavour works very well with tender lamb.



Serves 4 people



Cooking time: 1 hour prep, 30 minutes cooking

INGREDIENTS

- 1 2/3 lbs (750 g) rack of lamb
- 1 Tbsp olive oil
- 4 sprigs thyme
- 4 sprigs rosemary
- 1 clove garlic
- Sea salt and freshly ground pepper

Wine suggestion: [Shiraz](#)

PREPARATION

Rub an approx. 1 2/3 -lb (750 g) rack of lamb with a spice mix of olive oil with the leaves of 4 sprigs thyme and 4 sprigs rosemary, 1 clove diced garlic and some sea salt and ground pepper. Let sit at least 1 hour.

Fry in butter on all sides and then warm through for 20 minutes in an oven preheated to 350 °F (190 °C). After, let rest on counter in aluminium foil 10 minutes. Cut lamb chops between bones to separate.

Serve with fresh vegetables, such as mini asparagus and baked potatoes.