

Crusted Rack of Lamb with Artichokes and Garden Aroma

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In this recipe, the rack of lamb is seared, crusted on the loin with Provençal seasonings and roasted to achieve a robust and juicy flavor (average serving is one rack of lamb for two).

Ingredients

For the racks:

- 2 racks of lamb, about 1 pound each
- Salt and freshly ground pepper
- 4 sprigs rosemary
- 2 tablespoons olive oil
- ½ teaspoon whole black peppercorns
- 3 tablespoons of Dijon mustard
- 1 teaspoon of chopped thyme
- 1 teaspoon of dry tarragon
- 1 tablespoon of chopped parsley
- 4 tablespoons of breadcrumb

For the sauce:

- 2 teaspoons butter
- 1 shallot, chopped
- 1 teaspoon of Herb de Provence
- ½ cup of red wine
- 1 cup of veal stock
- 4 cloves garlic, blanched
- 4 cooked artichoke bottoms, sliced
- Salt and freshly ground pepper

Preparation Time	30 min	Difficulty	Simple
Portions	4 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Prepare the racks: Trim all but a thin layer of fat from the lamb. Rub the rack with pepper and the rosemary sprig, and then rub it with olive oil.

Cook the lamb: Preheat the oven to 450°F. Place the lamb in a shallow roasting pan and season it with salt. Sear the

meat all around until golden brown. Mix the Dijon mustard, chopped thyme, dry tarragon and parsley. Brush the meat side of the rack evenly with Dijon mixture. Sprinkle the breadcrumbs on top of the Dijon to make a crust. Make sure that the crusted side of the rack is facing up and keep refrigerated until further use.

Make the sauce: In a medium saucepan, melt a teaspoon of butter and cook the shallot on low heat without browning. Add the "Herbes de Provence" and deglaze with wine. Bring to a simmer and reduce by half. Add the stock and blanched garlic and reduce by one third or until the sauce coats the back of a spoon. Add artichoke and seasoning accordingly to your taste. Stir in the second teaspoon of butter off the heat just before serving.

Bake the racks: Roast the rack for 12-15 minutes, or until the lamb is medium rare. The crust will become golden brown. Transfer the lamb to a carving board and let it rest in a warm spot for 5 minutes. While the lamb is resting, discard any fat from the roasting pan. Deglaze the pan with $\frac{1}{4}$ cup of water and scrape the bottom to bring up all flavors. Strain the juice over the sauce and serve immediately.

To serve: For a beautiful presentation, slice the lamb into chops. Arrange them on warm dinner plates and spoon the sauce over the lamb.

Notes