



Home Cook Chef Series



TOOLS

Medium oven-safe sauté pan

Sheet pan (w/ rack)

Oven mitt

Kitchen towel

Tongs

Kitchen knife



Rack of Lamb

Main Ingredients:

- 8oz. Rack of Lamb, French trimmed
- Jasmine Rice
- Gremolata
- Extra Virgin Olive Oil
- Kosher Salt & Black Pepper

Jasmine Rice Ingredients:

- 1 cup Jasmine Rice
- Julienned carrots
- 1 tsp Mustard Seed
- 1 tsp Ginger, minced
- 1 tsp Fennel seed
- 2 cups chicken stock
- ½ tsp Turmeric

Jasmine Rice Instructions:

In a medium size pot bring chicken stock to a slow boil, add carrots, mustard seed, ginger, fennel seed , turmeric and stir. Add rice, cover, and reduce heat to low. Cook 20 minutes. Fluff rice with a fork when done.

Gremolata Ingredients & Instructions:

- 1 tsp Italian parsley, minced
- 2 tsp Mint, minced
- 1/2 Garlic clove, minced
- Lemon zest
- Kosher salt & black pepper
- Extra virgin olive oil

Mix all ingredients with 2 tsp olive oil, lemon zest, and salt & pepper to taste



Main Instructions:

Take the lamb rack out of the refrigerator 30 minutes prior to cooking. Season with kosher salt and black pepper and cover with plastic wrap.

Place a thick-bottom, oven-proof & well-oiled sauté pan on medium heat, let it heat slowly for 5 minutes. Sear meat on all sides until a deep brown color is achieved.

Place the lamb in oven meat side up, bone down, on a clean metal tray fitted with a cooling rack. Roast for 5 minutes. Remove from oven and let the lamb rest on the cooling rack for at least 6-7 minutes before cutting.

While resting, deglaze sauté pan with ½ stick butter & baste meat on cooling rack.

Add Jasmine rice to center of plate, carve rack of lamb and place on top of rice. Top lamb with gremolata and garnish on plate.