

# Rack of Lamb

## Ingredients

- 1 rack of lamb (8 ribs)
- 4 cloves of garlic, minced
- 2 sprigs of fresh rosemary
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 tablespoon Dijon mustard
- 1/4 cup breadcrumbs (about one handful)
- 2 tablespoons unsalted butter
  
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon red pepper flakes (adjust to your spice preference)
- Freshly chopped parsley or mint for garnish (optional)



### Prepare Time

20 Minutes



### Cook Time

25 Minutes



### Rest Time

10 Minutes

## Instruction

1. **Preheat Your Oven:** Preheat your oven to 400°F (200°C).
2. **Seasoning Time:** Sprinkle salt and pepper generously over the rack of lamb. Don't hold back; this is where flavor begins!
3. **Garlic, Rosemary, and Herb Rub:** Mince your garlic cloves and strip the leaves from one sprig of rosemary. Mix them with the olive oil, dried thyme, dried oregano, ground cumin, paprika, and red pepper flakes to create a fragrant herb paste.
4. **Rub It In:** Rub the garlic-rosemary-herb paste all over the lamb rack. Let it rest for about 10 minutes to soak up those delightful flavors.
5. **Sear Like a Pro:** Heat a cast iron pan over high heat until it's sizzling. Add a splash of oil, and when it's hot, place the lamb rack fat-side down. Sear for about 2-3 minutes until it's golden and crispy.
6. **Flip and Slather:** Flip the rack and brush the top generously with Dijon mustard. It's like giving your lamb a tangy coat!
7. **The Crunch:** Sprinkle a handful of breadcrumbs over the mustard-coated side. Press them gently to stick.
8. **Into the Oven:** Pop the whole cast iron pan into the preheated oven. Roast for about 15-20 minutes for medium-rare, or adjust for your desired doneness. Use a meat thermometer if you have one; the internal temperature should be around 135°F (57°C).
9. **Rest and Relax:** Take your lamb out of the oven and let it rest for 5-10 minutes under a foil tent. It's like a spa day for your lamb; it'll be juicier!
10. **Carve and Serve:** Slice the lamb between the ribs, garnish with freshly chopped parsley or mint (if desired), and serve with your favorite side dishes.