

Sicilian Herb Rack of Lamb

WITH TEXAS HILL COUNTRY SICILIAN OLIVE OIL AND POMEGRANATE BALSAMIC



Ingredients

- 1 rack of lamb *see Pro Tip below
- Fresh thyme, rosemary, and oregano, 2 to 3 sprigs of each
- Salt and pepper
- 3 cloves of peeled whole garlic
- ¼ cup Sicilian Infused Olive Oil
- Pomegranate Balsamic Vinegar to taste

Pro tip: Most racks of lamb are about six chops to the rack. Ask your local butcher if they can clean the rack for you; it will save a lot of time and trouble. They will know what to do, and some butcher shops already have the racks cleaned and ready.



Notes

Directions

1. Firstly, remove the lamb from the refrigerator, and salt and pepper generously. Then let rest at room temperature for 45 minutes.
2. Planning to cook your lamb to medium or above? Time to preheat the oven! Set the oven to 450° F, and resume preparations. The oven is not necessary if cooking a rare or medium-rare lamb!
 - *Chef preferred/recommended temp Med-rare to medium
3. For your rack of lamb, you should be using a heavy pan. You'll want to heat this pan with the Sicilian Infused Olive Oil, herbs, and garlic.
4. Next, you'll place the rack in the pan and sear, meat side down, bones up on low heat. You want to get a good sear on the meat.
5. Now, tilt the pan down so that your oil pools, take a large spoon and baste the hot liquid over the rack of the lamb. Continue to do this throughout the cooking process three to four times.
6. You can finish cooking in the oven if your desired temp is medium to done. Keep an eye on it, and pull when you've reached your desired temperature. Let the rack rest for 3-5 minutes after removing it from the oven.
7. Your rack of lamb is ready to be cut! Slice the pieces, drizzle with Pomegranate Balsamic Vinegar, and serve.