

Rack of lamb with a Herb – Dijon nut crust

Ingredients

4 racks of lamb (6 to 8 chops per rack), fat removed and frenched

Salt and pepper

Olive oil

Dijon mustard

1/4 cup fresh thyme, finely chopped

1/4 cup fresh oregano, finely chopped

1/4 cup fresh rosemary, finely chopped

1/4 cup fresh parsley, finely chopped

1/2 cup hazelnuts, toasted and finely chopped

Method

Preheat oven to 375 degrees F. Season lamb racks with salt and pepper. In a large frying pan, sauté lamb racks in olive oil on both sides to sear. In a shallow pan, roast in oven for 15 minutes; remove from oven. Coat lamb racks with Dijon mustard.

In a medium-size bowl, combine thyme, oregano, rosemary, and parsley; pat mixture over the lamb. Pat hazelnuts over the herb mixture (this gives the crust effect). Return to oven and bake for 4 to 6 minutes. Remove from oven and slice between racks and serve on individual plates.

Number of Servings: 8