

Serves 4-6

Seared lamb rack,

with a fresh
herb crumb



By Braden Currie

Professional Ironman and ANZCO brand ambassador

ANZCO
FOODS

Serves 4-6

Ingredients

Lamb Rack

2 ANZCO Foods lamb rack

1½ tsp rock salt

¾ tsp black pepper

1 tsp olive oil

Herb coating

3 garlic cloves, minced

¼ cup fresh flat-leaf parsley, finely chopped

1 Tbsp fresh thyme, finely chopped

2 tsp fresh rosemary, finely chopped

½ tsp salt

½ tsp black pepper

1½ Tbsp extra-virgin olive oil



Method

1 Preparation of the ANZCO Foods lamb rack

Heat a dry 30cm heavy skillet over high heat until hot, at least 2 minutes. Trim them by removing the excess fat. pat lamb dry and rub meat all over with salt and pepper. Add oil to hot skillet, then brown racks, in 2 batches if necessary, on all sides (not ends), about 10 minutes per batch

Transfer racks to a small roasting pan or baking sheet.

2 Coat and bake the lamb

Put oven rack in middle position and preheat oven to 175°C.

Stir together garlic, herbs, salt, pepper, and oil. Coat meaty parts of lamb with herb mixture, pressing to help it stick. Bake the lamb rack for 15 minutes, then cover the lamb loosely with tin foil and roast until the lamb meets and internal temp of 52°C. Check it every 5 minutes after putting on the foil until it gets to this temp.

Then let it stand, covered, for about 10 minutes before carving. (Internal temperature will rise to 54-55°C for medium-rare while lamb stands.)

Plate and enjoy.

