



Cooking with Greg – 8:40AM Wednesdays

Rosemary and Parmesan Crusted Lamb Racks

Recipe serves: 4

A Little Background

Everyone knows that meats and fresh herbs are a marriage made in heaven, but as in human relationships certain marriages are stronger than others. For example roast chicken with fresh thyme, seafood's with dill or fennel, tender beef with a rich tarragon infused béarnaise and of course the ultimate paring of roast lamb and fresh rosemary. The latter mentioned combination is, in this recipe taken to a further level by adding garlic and parmesan. This would have to be my favourite way to have lamb.



What you'll need

- 4 by 4 cutlets of Frenched lamb racks (trimmed of fat cap, and cleaned of excess fat)
- 2 bunches fresh rosemary (strip leaves off and chop finely)
- 2-3 cloves garlic (chopped finely)
- 3 tbsps fresh grated parmesan cheese
- 2 cups bread crumbs
- 2 cups plain flour
- 2 eggs
- Milk

- Extra virgin olive oil
- Butter
- Sea salt flakes
- Black peppercorn mill

What to do

- Preheat oven to 180 degrees (350 Fahrenheit).
- Remove the lamb from the fridge about an hour prior to cooking, this will ensure even cooking)
- Place eggs into a mixing bowl and beat slightly, add a good splash of milk and a couple tbsps of olive oil and mix well.
- Place bread crumbs in another bowl, add the parmesan cheese, garlic, rosemary, season liberally with salt and pepper and mix ingredients together.
- Take racks one at a time and roll the loin part in the flour, being careful only to get flour on the meat and not on the bones.
- Take the floured lamb racks and dip the floured part in the egg wash, allow excess to drip off for a couple of seconds and place the rack in the bread crumb bowl.
- Gently cover the wet part of the racks with the crumbs and gently push on the crumbs ensuring that the entire loin is crumbed.
- Once all the racks have been crumbed, place a pan on medium heat, add enough oil to cover the base of the pan and add a couple tbsps of butter.
- Lightly brown the racks on all sides and set on oven tray (make sure the racks are standing up straight, you may have to prop them against the edge of the baking tray).
- Depending on the size of the racks and degree of cooking bake for the following time.
 - Rare: 12 minutes
 - Med rare: 16 minutes
 - Medium: 18 minutes
 - Well done: 23 minutes
- Let the racks rest outside of the oven for about 5-8 minutes before serving. Racks can be either cut into cutlets for serving or left as a whole rack.
- Great with a rich red wine jus, and even better with a glass of Shiraz (Syrah) on the side.

Serve with fondant potatoes and butter beans