

Rack of Lamb With Moussaka & Herb Oil

Ask your butcher to "french" the racks of lamb.

INGREDIENTS:

- ☐ 2 racks of lamb, frenched
 - ☐ $\frac{3}{4}$ cup Cabernet Sauvignon
 - ☐ $\frac{1}{2}$ onion, sliced
 - ☐ 4 garlic cloves, sliced
 - ☐ Seeds from 3 cardamom pods
 - ☐ 4 sprigs of fresh oregano
 - ☐ 3 sprigs fresh mint
 - ☐ Grapeseed or canola oil for cooking
 - ☐ Moussaka (see recipe)
 - ☐ Herb oil (see recipe)
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INSTRUCTIONS: Place lamb in a nonreactive pan. Combine wine, onion, garlic, cardamom, oregano and mint in a bowl. Pour over lamb. Refrigerate for at least 4 hours.

Preheat the oven to 425°.

Remove lamb from marinade; pat dry with paper towels. Heat a large skillet over high

heat. Add enough oil to coat bottom of skillet. Add racks bones-up and fry for 3 minutes, until browned. Turn racks over, place in oven and roast for about 12 minutes, until internal temperature reaches 130°. Remove from oven and let rest for 10 minutes before carving.

Cut racks into an equal number of double and single chops. Lean a double and single chop over each serving of moussaka and drizzle herb oil around edge of plate.

Serves 4

The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Variables include the type of food, marinating time and amount of surface area. Therefore, this recipe contains no analysis.

Herb Oil

This may be made up to 1 day ahead.

INGREDIENTS:

- ☐ $\frac{1}{2}$ bunch chives
- ☐ 2 sprigs oregano
- ☐ $\frac{1}{4}$ cup olive oil
- ☐ Kosher salt and freshly ground pepper to taste

INSTRUCTIONS: Combine all ingredients in a blender. Process until pureed. Transfer to a squeeze bottle.

Yields about $\frac{1}{4}$ cup

PER TABLESPOON: 120 calories, 0 protein, 0 carbohydrate, 14 g fat (2 g saturated), 0 cholesterol, 0 sodium, 0 fiber.