

Seasonal Eating



Rack of Lamb with Currants, Lemon and Herbs

- 2 teaspoons lemon zest
- 2 tablespoons finely chopped fresh flat leaf parsley
- 2 tablespoons finely chopped fresh mint leaves
- 2 tablespoons finely chopped fresh thyme
- 4 cloves garlic, minced
- 1 cup dry toasted bread crumbs
- 2 teaspoons balsamic vinegar
- 1/4 cup olive oil, divided
- Salt to taste
- Black pepper to taste
- 2 racks (about 2 pounds) lamb, Frenched, reserving trimmings
- 3 cups veal stock
- 3 sprigs fresh thyme
- 1/4 cup currants, soaked and coarsely chopped

In a mixing bowl, combine the lemon peel, herbs, garlic, bread crumbs, balsamic vinegar, 2 tablespoons olive oil, salt and pepper. Set aside. Season the lamb with salt and pepper. In a large sauté pan, heat the remaining 2 tablespoons olive oil and brown the racks on both sides (the bones don't have to touch the pan). Press the crumb mixture onto the browned surface and chill for 30 minutes. In the same pan, brown the scraps from between the rib bones, adding more olive oil if needed. Pour off any oil or fat left in the pan and add 1 cup of stock and the thyme. Reduce to a syrup then add another cup of stock and reduce to a syrup again. Add the last ladle of stock, reduce by half, strain, add the currants and season to taste with salt and pepper. Keep warm or reheat when ready to serve. Transfer lamb to a roasting pan and roast in a preheated 400 degree oven for 20 minutes or until internal temperature reads 130 degrees (for very rare! Cook longer for more medium). Let rest for 10 minutes. Cut into chops and serve with sauce. Can make sauce 4 hours ahead and reheat. Can coat racks with crumbs and refrigerate up to 8 hours in advance.