

# *Rack of Lamb*

*with Herbed Dijon Mustard*

## Ingredients:

2 racks of lamb, 8+ ribs each, Frenched

2 tablespoons extra virgin olive oil  
1-2 garlic cloves, minced  
1/2 cup Dijon-style mustard  
1 tablespoons dried rosemary  
1/2 teaspoon dried thyme  
sea salt to taste  
ground white pepper to taste

Preheat oven to 425° F

Rub the Frenched lamb meat (not the bones) with the mustard sauce and let sit for 30 minutes in a roasting pan. Create a "Guard of Honor" by intertwining the rib bones and standing the racks upright, as shown in the photo. Cover the exposed bones with foil. Place in the oven and immediately reduce the heat to 325° F and cook for 30 minutes. Serves 6-8

