

# RECIPE

FOR: Rack of Lamb with Roasted Spring Vegetable

FROM THE KITCHEN OF: Cameron Hughes Wine

PREP TIME: \_\_\_\_\_ COOK TIME: \_\_\_\_\_ SERVES: 3-4 people

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## INGREDIENTS:

1 lb fingerling potatoes

2 (8 rib) racks of lamb, frenched

3 tbsp dijon mustard

2 cups fresh bread crumbs\*

1 bunch Italian parsley, chopped

1 tsp fresh thyme, chopped

1 tsp fresh oregano, chopped

2 lbs English peas, shelled

1 lb asparagus, cut into 1 in. pieces

olive oil

black pepper, freshly cracked

kosher salt

fresh mint leaves, for garnish

pea tendrils, for garnish





## **DIRECTIONS:**

1. Arrange oven racks in the middle and lower third positions. Line one metal sheet tray with foil and place another in the oven. Preheat to 400 degrees.
2. In a large bowl toss the potatoes with enough olive oil to coat and season generously with salt and pepper. Transfer seasoned potatoes to hot baking sheet and into the oven. To the same bowl add the asparagus and peas. Toss with olive oil, salt, and pepper and set aside.
3. While the potatoes roast, set a cast iron pan over medium-high heat. Season the lamb generously with salt and pepper and pour two tablespoons of olive oil into the pan, swirling to coat. Sear the meat on all sides until deep golden brown. Remove from pan and allow it to rest for about 10 minutes. Once the lamb is cool to touch coat the outside with dijon mustard, avoiding the ends.
4. In a medium-sized bowl combine the bread crumbs, parsley, thyme, oregano, and a generous pinch of both salt and pepper. Press bread mixture firmly onto the lamb covering the dijon.
5. Place the lamb on the foil-lined sheet tray and transfer to the oven. At the same time add the asparagus and peas to the sheet tray with the potatoes.
6. Roast the lamb for 15 minutes and tent with foil to avoid burning the breadcrumbs. Return to the oven for an additional 10 minutes or until the internal temperature reaches 140 degrees on an instant read thermometer. Rest for 15 minutes while the vegetables finish roasting. Transfer everything to a platter arranging the potatoes and asparagus around the meat. Garnish with fresh mint and pea tendrils.

\*To make fresh breadcrumbs roughly tear half a loaf of rustic bread and place the pieces into the bowl of a food processor. Pulse to fine crumbs.

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