

Roast Rack of Lamb *Serves 8 people*

Ingredients:

4 racks lamb racks, frenched

Marinate Ingredients:

6 ea. oranges, zested, juiced

2 ea. lemon, zested, juiced

1 tsp. sugar

2 tsp. sea salt

2 tsp. black pepper

3 tsp. fresh thyme

2 c. balsamic vinegar

1 c. olive oil

3 Tbsp. sweet onion, minced

Topping Ingredients:

1 ea. orange, zest, juiced

3 cloves garlic, minced

2 Tbsp. sweet onion, minced

2 Tbsp. olive oil

½ tsp. sea salt

1 tsp. black pepper

1 c. bread crumbs

3 Tbsp. sweet vermouth

Wilted Swiss Chard Ingredients:

2 bunches Swiss Chard washed, sliced

1 ea. sweet onion, diced

2 tsp. caraway seeds

2 Tbsp. sweet vermouth

1 tsp. salt

1 tsp. black pepper

3 Tbsp. balsamic vinegar

2 Tbsp. olive oil

Preparation:

Combine all the ingredients together. Rub onto the lamb racks marinated for 48 hours.



Preparation:

Mix all ingredients together. Rub together to form a paste.

Heat a heavy sauté pan and place the lamb fat side down first and sear. Turn and sear the bone side. Remove the lamb and deglaze the pan with the marinate. Place the lamb back into the pan bone side down. Cover the top of the lamb with the topping. Place into a preheated 350 degree oven. Roast for 20 minutes until desired internal temperature recommended, 125 degrees. Set and rest for 20 minutes before carving.

Preparation:

Heat the Olive Oil in a sauce pot. Add the onions and caraway. Sauté till the onions are clear. Add the chard. Stir in the seasoning. Deglaze with the vinegar and vermouth. Cover the pan and cook 10 minutes until the chard is tender. Slice the lamb into chops. Place onto the swiss chard. Top with a touch of juice from the chard.

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