



Rack of Lamb with Mint Sauce

Source: William Sonoma Website

SERVERS: 4

PREP TIME: ~150 min

COOKING TIME: ~35 min

Optional: Server with Steamed Asparagus



Notes:

A tender herb, mint loses most of its vibrant flavor when dried; whenever possible, use it fresh. The herb labeled "mint" in the supermarket will be either *peppermint* or *spearmint*. Of the two, peppermint has the sharper flavor.

To store fresh mint, trim off the bottoms of the stems and place the sprigs in a glass of water. Cover the mint loosely with a plastic bag and store in the refrigerator for up to 1 week. (This storage method also works well for parsley and cilantro.)

Instructions

- In a small bowl, combine the brown sugar, pepper, cardamom and cinnamon and stir to blend.
- Rub the racks of lamb all over with the spice rub.
- Put the lamb on a plate, cover, and let stand at room temperature for at least **30 minutes or up to 2 hours.**
- **Preheat an oven to 475°F.**
- Place the racks of lamb, standing up, in an **oiled roasting pan** just large enough to hold them comfortably.
- Roast for **10 minutes.**
- Reduce the oven temperature to 375°F and continue roasting the lamb until an instant-read thermometer inserted into the rack, away from the bone, registers 125°F for very rare to rare, about **15 minutes.**
- Transfer the lamb to a carving board, cover loosely with aluminum foil and let rest for **5 minutes. Meanwhile, make the mint sauce:**
- In a blender or mini food processor, combine the mint, confectioners' sugar and vinegar and process until the mint is minced.
- Spoon into a small glass bowl. Set aside.

To Serve

- Cut the lamb into individual rib chops and arrange on warmed plates.
- Serve hot, drizzled with the mint sauce.

Ingredient List

For the Spice Rub:

- 2 Tbs. firmly packed dark brown sugar
- 1/2 tsp. freshly ground pepper
- 1 Tbs. ground cardamom
- 1/2 tsp. ground cinnamon

For the Mint Sauce

- 1/2 cup packed fresh mint leaves
- 2 Tbs. confectioners' sugar
- 1/3 cup cider vinegar or rice wine vinegar

Rack of Lamb

- 2 racks of lamb, each with 7 or 8 ribs, 1 1/2 to 1 3/4 lbs. total