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## Roasted Rack of Lamb

Serves 8

I prefer to cook rack of lamb low and slow rather than hot and fast. While this might sound counterintuitive, it produces great results. This method eliminates that annoying bullet in the middle— the blood-rare center surrounded by gray, well-done meat—replacing it with evenly cooked meat throughout. The longer roasting time also allows the lamb fat to melt slowly and baste the meat. I think you'll love this recipe; it's extremely forgiving and practically foolproof. Serve with Skordalia (page 239/*not provided*) and Orange Salad (page 212/*not provided*).

Grated zest of 2 lemons  
2 tablespoons chopped fresh rosemary  
1/4 cup kosher salt  
Pinch of sugar  
2 (8-bone) racks of lamb, chine bone removed, Frenched  
1/4 cup canola oil

1 Mix together the lemon zest, rosemary, salt, and sugar. Season the racks on all sides with this mixture, cover, and put in the refrigerator overnight. This acts like a quick cure, which will add flavor to the lamb when it is cooked.

2 Preheat the oven to 300°F.

3 Put a large sauté pan over medium heat and add the oil. Put one of the seasoned racks in the pan fat-side-down, and sear until golden brown, 3 to 5 minutes. Flip the rack and sear the other side for a few minutes. Remove to a rimmed baking sheet fat-side-up, and repeat the browning process with the other rack.

4 Put the baking sheet with both racks on it in the oven and roast until the meat registers 120° to 125°F in the center, 20 to 25 minutes. Let rest for 5 minutes before cutting into chops and serving.



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