

## Episode 4

### Roasted Lamb Rack with herb crust, Yogurt sauce and carrots

#### Herb crust

½ cup basil leaves, packed

¼ cup fresh flat leaf parsley, packed

8 ounces panko breadcrumbs

2 tablespoons kosher salt

½ cup Parmesan cheese grated

Pulse all the ingredients in a food processor or blender until bright green and evenly processed. Taste and add salt or more Parmesan if needed.

#### Lamb Rack

2 New Zealand rack of lamb, 14 to 16 ounces, 7 to 8 bone, frenched, fat cap removed

2 tablespoons grapeseed oil

Salt and pepper to taste

4 garlic cloves, crushed

1 bunch thyme

2 tablespoons butter, cubed

4 tablespoons Dijon mustard

Preheat the oven to 375°F. Place the lamb racks on a sheet tray and season all sides liberally with salt and pepper. Press all sides of the meat into the remaining seasoning on the sheet tray to evenly coat.

Heat two medium cast-iron pans over medium-high heat. Add grapeseed oil and let the pan begin to smoke. Add the lamb racks to the pan bone side up with the racks resting on the edge of the pans. Use the bones as a handle to turn the lamb and sear each side for 60 seconds or until browned. Add the thyme, garlic, and butter to the pan and baste for another minute moving the toasted thyme and garlic to the back of the lamb racks. Transfer to oven and roast for 4 to 5 minutes or until the lamb is rare

Transfer lamb to a sheet tray bone side down. Set the cast iron pans aside for later use. Use a pastry brush to brush the flesh sides of the lamb generously with Dijon mustard. Let the mustard absorb into the meat for 2 minutes then brush with a second coat. This will act as an adhesive for the breadcrumbs.

Pour the basil crust onto a flat pan or plate. Holding onto the lamb racks by the bones, dip the lamb into the crust mixture and turn to coat. You can use your hands to sprinkle the crust in between the bones. Lightly shake off any excess.

### Glazed carrots

Bring a medium pot of water to a boil and add enough salt to the water to be able to taste it easily. The salt will permeate into the vegetables so each bite of the finished product will be seasoned throughout. To make an ice bath, fill a large mixing bowl halfway with ice and add cold water to cover.

Once the water is at a boil, blanch the carrots for 2 minutes. If the sizing of the carrots is uneven, add the larger carrots first and let them cook for 1 minute before adding in the smaller carrots. Transfer blanched carrots to the ice bath for 3 to 5 minutes to stop the cooking process. As each group of blanched vegetables is finished chilling in the ice bath, transfer to a sheet tray lined with paper towels to dry.

Heat olive oil in a large sauté pan on medium heat, then add the cinnamon sticks, star anise, honey, and a pinch of salt. Once the honey starts to bubble, add the blanched carrots, and toss to coat. Cook over medium heat for 3 minutes, turning the vegetables frequently. Add butter to the pan and stir frequently. Let the butter begin to froth and deglaze the pan with chicken stock. Cook for 2 to 3 minutes until the liquid has evaporated and the carrots and turnips are cooked through.

### Minted Yogurt sauce

Stack the mint leaves, roll into a tight log, and slice along the width to chiffonade. Turn the mint 90° and run your chef's knife through again for a rough chop. In a small bowl, mix the yogurt and mint. Add salt and lemon zest to taste. Finish with a squeeze of lemon juice.

1 cup Greek yogurt

12 mint leaves

Zest and juice of 1 lemon

Maldon salt to taste