

Rack of Lamb with Mint Pesto

Elegant rack of lamb with fresh mint pesto - perfect for special occasions. Tender, juicy lamb with bright herbaceous flavors in 40 minutes.

15 min

PREP

25 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup olive oil
- 5 clove garlic
- 1 tbsp fresh oregano
- 1 tbsp rosemary
- 1 cup mint
- 1 cup basil
- 1 cup parsley
- 1 cup walnut
- 1 cup parmesan cheese
- 1 lemon
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the mint pesto**

Combine 1 cup fresh mint leaves, 1 cup fresh basil leaves, 1 cup fresh parsley, and 5 garlic cloves in a food processor. Pulse until roughly chopped, about 8-10 times.
- 2** Add 1 cup pine nuts and 1 cup grated Parmesan cheese to the processor. Pulse until the mixture is finely chopped but not powdery, about 6-8 times.
- 3** With the processor running, slowly drizzle in 1 cup olive oil through the feed tube until the pesto reaches a smooth, spreadable consistency. Season with 1 teaspoon salt and 1 teaspoon black pepper, then pulse once

to combine.

4 **Prepare the lamb**

Preheat your oven to 200°C (400°F). Remove the rack of lamb from refrigerator and let it come to room temperature, about 20-30 minutes.

5 Pat the lamb completely dry with paper towels. Rub 1 tablespoon olive oil all over the lamb, then season generously with salt and pepper on all sides.

6 **Sear the lamb**

Heat an oven-safe skillet over medium-high heat until very hot, about 2-3 minutes. Place the lamb fat-side down and sear without moving for 3-4 minutes until deep golden brown.

7 Turn the lamb and sear the meat side for 2-3 minutes until browned. Sear the ends briefly, about 1 minute per side.

8 **Roast the lamb**

Transfer the skillet to the preheated oven and roast for 12-15 minutes for medium-rare (internal temperature of 54-57°C or 130-135°F), or 18-20 minutes for medium (60-63°C or 140-145°F).

9 **Rest and serve**

Remove the lamb from oven and tent loosely with foil. Let rest for 8-10 minutes to allow juices to redistribute.

10 Slice between the bones to create individual chops. Serve immediately with a generous dollop of mint pesto alongside each chop.

Tips

Let the lamb come to room temperature for 15-20 minutes before cooking to ensure even cooking throughout the meat.

Use a meat thermometer for precision - aim for 130-135°F (54-57°C) internal temperature for perfect medium-rare lamb.

Score the fat cap in a crosshatch pattern before seasoning to help render the fat and create better flavor penetration.

Don't skip the searing step - it creates essential flavor compounds and an attractive crust that enhances both taste and presentation.

Make the mint pesto just before serving to maintain its bright green color and fresh flavor profile.

Save some fresh mint leaves for garnish to add color contrast and reinforce the dish's flavor profile.

Allow the cooked lamb to rest for 5-10 minutes before slicing to ensure juicy, tender results.

Warm your serving plates in a low oven to keep the sliced lamb at the proper serving temperature.