

Sarah's Pistachio-Crusted Rack of Lamb

Serves: 4

Ingredients:

2 racks of lamb, Frenched
1 tablespoon Dijon mustard
1 tablespoon honey
½ cup Panko breadcrumbs
1 tablespoon unsalted butter, melted
1/3 cup pistachios, finely chopped
1 ½ tablespoons fresh mint, finely chopped
¼ teaspoon garlic powder
½ teaspoon kosher salt
¼ teaspoon ground black pepper



Directions:

Preheat the oven to 400 degrees and line a baking sheet with parchment paper or aluminum foil.

Use a sharp knife to remove the layer of fat and silver skin from each rack.

In a small bowl, mix the Dijon mustard and honey together until well combined.

In a large, shallow dish (like a pie plate), stir the Panko breadcrumbs with the melted butter until fully incorporated. Add the pistachios, mint, garlic powder, salt and pepper. Mix until well combined.

Use a brush or the back of a spoon to generously coat the top surface and sides of the meat on each rack with the honey mustard mixture. Place the basted surface of each rack into the breadcrumb mixture and use your hands to press it onto the meat until each rack is fully coated.

Place the crusted racks of lamb on the prepared baking sheet with the pistachio coated side facing up. Roast until the crust is golden brown and the lamb is cooked to your desired temperature, about 20 minutes for medium rare (125 to 130 degrees), or 25 minutes for medium (135 to 140 degrees). Use a meat thermometer to ensure accuracy.

Remove the lamb from the oven, tent it with foil and let it rest on the baking sheet for 10 minutes before carving (the meat will continue to cook another 5 to 10 degrees as it rests).

To cut into chops, carve the meat between each bone and serve on a platter.

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