

COSTOLETTE D'AGNELLO
ROAST RACK OF LAMB

Yield: 1 Serving

For the Lamb Rack and Stock

- ¼ rack of lamb (3-4 chops), trimmed, bones cleaned, bones and trimmings reserved
- 25 g (1 oz) red onion, roughly chopped
- 25 g (1 oz) carrot, roughly chopped
- 1 garlic clove, peeled
- Salt and freshly ground black pepper, to taste
- 25 g (1 oz) extra virgin olive oil
- 1 unpeeled garlic clove, crushed with the heel of the hand
- 2 sprigs fresh thyme
- ¼ lemon
- 65 g (2 oz) white wine
- 125 g (4 oz) lamb stock

For the Lamb Rack and Stock

1. Remove the chine bone and trim the rack of all but a thin layer of fat. Cut all fat and meat off the rib bones and scrape them clean.
2. Chop the chine bone into 3 pieces and recuperate as much meat as possible from the trimmings. Place the trimmings and the bone in a saucepan along with the onion, carrot, and garlic. Sauté (saltare) to brown well. Add water to cover and simmer slowly for 1 hour. Strain.
3. Season the rack with salt and pepper. Place the olive oil, garlic, and thyme in a cold skillet (padella) and heat until the garlic just begins to color. If necessary, remove the garlic so that it does not burn. *Add the rack and sear (rosolare) all over.*
4. Put the pan in the oven and roast the lamb at 350°F (177°C) for about 15 minutes or until the internal temperature of the lamb registers 135°F (57°C) on an instant-read thermometer, squeezing the lemon over the lamb halfway into the cooking. Pour off the fat.
5. Remove the pan to the stove top and set over heat. Deglaze (deglassare) with the wine and cook to reduce, turning the lamb in the wine.
6. Remove the lamb from the pan and let it rest. Add the strained lamb stock to the pan and reduce to thicken. Taste, and season the sauce with salt and pepper as needed.
7. Carve the lamb into chops and serve with the sauce.