

# DEVON COOKERY SCHOOL

## Rack of Lamb

### Ingredients

1 rack of lamb, French trimmed and chined  
2 tsp sunflower oil  
Freshly milled sea salt and black pepper

### Method

1. Pre-heat oven to 180°C.
2. Place a frying pan over a medium-high heat.
3. Remove the membranous skin from the outside of the rack.
4. Score the fat in a criss-cross pattern to a depth of about 5mm.
5. Smear all over with the oil.
6. Season really well with sea salt and black pepper, rubbing it into the fat.
7. Sear the fat side of the rack for 2 to 5 minutes - depending on the thickness of the fat - until well browned (open some doors and windows as this bit needs doing well) and a lot of the fat has rendered out into the pan.
8. Turn the rack onto its rib side and place in the oven for around 8 to 12 minutes depending on whether or not you like your meat medium-rare or medium-to-well done.
9. Rest the rack under foil in a warm place for five minutes or so.
10. Carve with a very sharp knife into chops and serve with your chosen garnish.

*NB. If using a temperature probe, the temperature at the centre of the meat just before it comes out of the oven should read around 54°C which will rise to around 59/60°C just before serving - this will leave the rack medium-rare.*