

Mustard Crusted Rack of Lamb with Spring Veggies

Thanks to True Aussie Beef & Lamb for the lamb that inspired this recipe.

Ingredients

1 rack of Australian lamb, trimmed
2 tbsp olive oil
2 tbsp Dijon mustard
2 tbsp chopped fresh Italian, flat-leaf parsley (divided)
1 tsp chopped fresh thyme leaves
½ tsp chopped fresh rosemary
1 large clove garlic, finely minced
Salt and pepper to taste
1 cup bread crumbs

For the Spring Veggies

1 lb. fresh asparagus, trimmed cut into 2 inch pieces
Fresh green peas or English peas
Butter to taste
5-6 fresh red radishes, washed and sliced
1-2 tsp tarragon, to garnish
Coarse salt and ground pepper

Equipment

Rib and Roast Rack
Rectangular Drip Pan
Aluminum foil

Method

Set the EGG for indirect cooking with a convEGGtor at 450°F/232°C.

Combine the olive oil with the mustard, 1 tbsp of the parsley, thyme, rosemary and garlic, making a paste. Spread evenly all over the lamb, then season with salt and pepper.

Mix together the bread crumbs and the remaining 1 tbsp chopped parsley until evenly distributed. Press the bread crumbs onto the rack of lack, making sure to cover evenly top and bottom and on the ends.

Place seasoned rack of lamb in the rib and roast rack with the rectangular drip pan underneath. Line the drip pan with aluminum foil to catch the juices and not burn on the pan. Roast for

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about 25 minutes until the internal temperature reaches 125°F – 130°F for medium rare. Remove from the EGG and let rest for 10 minutes before carving into chops.

While the lamb is cooking prepare your spring veggie side dish. Blanch asparagus and green peas in boiling water – about 2-3 minutes. Remove from the boiling water and transfer to a bowl with ice water to cool. Heat butter until melted. In a large bowl, add asparagus and peas and pour butter over to combine. Add sliced radishes and tarragon. Season with salt and pepper to serve.

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