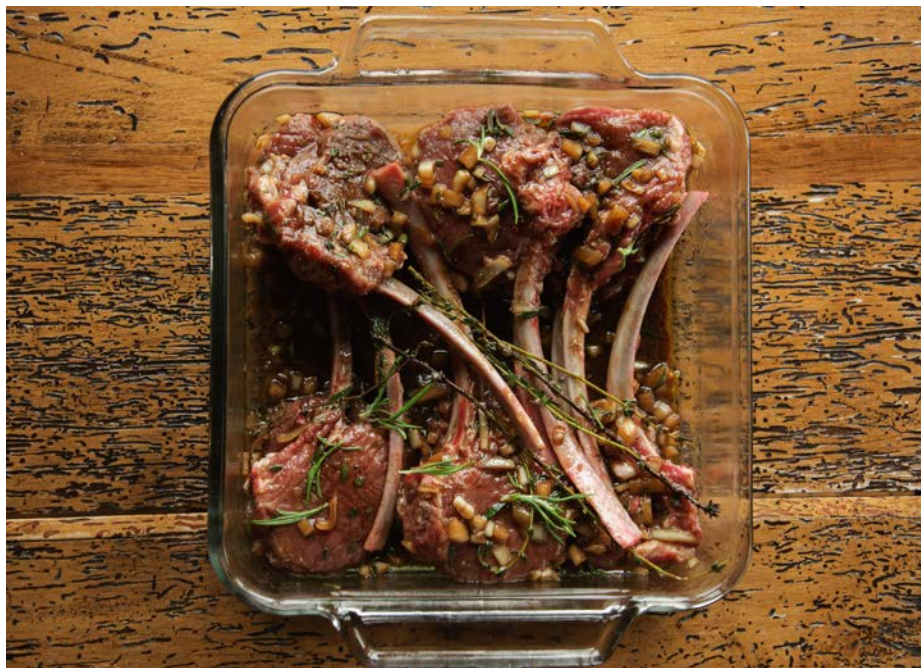


Nancy's Notes on Grill-Roasting a Rack of Lamb and Searing Lamb Pops

At Tree House Kitchen I like to teach recipes as systems for sensory exploration - encouraging people to trust their own cooking instincts and therefore quickly begin developing timeless skills to count on.





Lamb Marinade options - make your own recipe!

Combine any ingredients from the below to create your own signature lamb marinade. Taste before mixing with your lamb and adjust needed seasonings/flavourings. My personal favourite go-to lamb marinade ingredients are underlined and explained below.

Dry white wine or balsamic vinegar or fresh lemon juice, fresh roughly chopped herbs like rosemary, thyme or basil, olive oil, Dijon mustard, small diced onion, fresh chopped garlic, salt and pepper.

An example per rack: try 3 tablespoons balsamic vinegar, 1 small diced onion, 1 tablespoon fresh rosemary chopped, 2 tablespoons olive oil, 1 tablespoon fresh thyme leaves, 1 teaspoon Dijon mustard, salt and pepper to taste.

Rack of Lamb Dinner

- **Test this system for an at-home dinner first before serving rack of lamb at a busy dinner party!**
- For this recipe and the below lamb pops appetizer order a “Frenched” rack of lamb from your butcher. As pictured on the front of this page, in the Frenching method your butcher cleans the rib ends of meat exposing the rib bones.
- Marinate lamb as full racks for minutes or overnight.
- Preheat BBQ to 400°F.
- Keep the racks intact - do not slice through to make individual rib chop portions. You want to cook a *full rack* which results in beautifully done, moist meat.
- **DONENESS is a FEEL - it comes with experience and also applying plain old logic and paying attention.** Sign up for my newsletters (four/year for two years) for logical cooking tips. <http://nancyhenley.com/contact-2/>
- Lightly brush marinade/onions off the racks as this will burn. Sear racks for approximately 1 minute per side as this sweet marinade can caramelize and quickly burn. Now, reduce BBQ heat to 300°F as flare ups from the fatty meat can be a problem. It is better to cook it longer than to char the outside.
- Later, if you have leftover marinade it can be boiled. Bring to a full boil on the stove for at least 2 minutes. (You can also continue to simmer this sauce with or without water and/or stock.) Use as a drizzle for the lamb.
- **Best to stay near the BBQ and not engage in any distracting deep conversations. ;)**
- If you find that the temperature is still too high (outer layer and marinade are burning/blackening), adjust to the **indirect heat method**: turn the heat off directly under the racks but have other elements on so they are radiating heat evenly.
- Press your finger into the flesh of the meat. How does it feel? Is it firming yet supple to the touch? Continue the cooking process, ranging between 300°F and 350°F (never as high as 400°F as this will burn the marinade and toughen the tender outer flesh) and playing around with the indirect method if needed. There is no need to constantly turn the racks but there is a need to be attentive and move them around the BBQ occasionally. **TIP: for all grilling and searing of meats - do not turn the meat until the meat releases naturally from the grill or pan. Forcing the turning and releasing tears meat needlessly. It will tell you when it is ready by releasing itself!**
- Example of timing: 2 full racks of lamb may take upwards of 20 - 25 minutes for medium rare though it will depend on your BBQ temperature, the temperature of the day, the size of the lamb, etc. **Until you get used to your go-to system for timing - make a tiny slice in the end of a rack with a paring knife to expose the flesh to see the degree of pinkness and if you are getting close. This method is a much better idea than overcooking meats on the grill “just to be sure!”**
- Immediately remove from the heat and cover loosely with foil for about 5 minutes, then carve and serve on warmed plates with boiled marinade if you like (the marinade is tasty but not very pretty) and accompaniments.

Lamb Pops Appetizers

Order a “Frenched” rack of lamb from the butcher and then slice it into individual ribs (usually 8 chops) yourself. (You can French it yourself and save the meat and fat trimmings to make a browned lamb sauce. Contact me for my demi-glace notes nancy@nancyhenley.com). Marinate chops with the recipe above. “Sear” rib chops (cook quickly until the outer layer is medium brown and releases from the pan) for 1 - 2 minutes on a hot grill, preheated sauté pan or hot griddle (medium-high heat). **Be ready to serve and eat as this cooks fast!** Sear one side until it releases naturally from the pan at medium high, then flip it and sear the other side until the desired doneness. Practice the testing tip from above until you are sure of your system. Medium rare could take a total of about 3 - 5 minutes. **Serve immediately.**