



AB's Rack of Lamb with Honey-Rosemary Glaze

This amazing combination of simple ingredients and spectacular cuts of lamb makes this dish the star of your next dinner party..

PREP TIME: 30 MIN

COOK TIME: 50 MIN

INGREDIENTS

- 2 cloves garlic, crushed
- 2 racks of lamb, frenched and trimmed of fat
- 2 tbsp olive oil
- ½ cup AB's Ironbark Honey
- 2 tsp fresh rosemary, chopped coarsely
- 2 tsp lemon zest, grated
- 2 tsp red pepper flakes, crushed



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DIRECTIONS

1. Preheat oven to 200 °C.
2. Rub the garlic all over the lamb. Season the lamb generously with salt and black pepper, and rub all over with 1 tablespoon of the oil. Let sit at room temperature for 30 minutes.
3. Combine the Ironbark Honey, rosemary, lemon zest, and red pepper flakes in a heat-proof bowl and set in a warm spot. The heat will loosen up the honey to brush onto the lamb.
4. Scrape the garlic off of the lamb.
5. Heat a 12-inch cast-iron skillet over medium-high heat until hot. Add the remaining oil to the pan. Place one rack of lamb, fat side down, and sear until nicely browned, about 4 minutes. Flip and brown the other side. Transfer to a plate or platter. Repeat with second rack of lamb.
6. Use tongs to arrange racks facing each other, bones up and intertwined for support forming a tent shape. Roast until lamb is cooked as desired (approximately 20 minutes to medium rare, 52 °C internal temperature). After removing from the oven, the temperature will continue to rise as the lamb rests.
7. Transfer the lamb to a cutting board and brush the meat generously with the honey mixture. Let it rest for 10 minutes.
8. Slice between bones into individual chops and transfer to a platter. Drizzle any remaining honey mixture over the lamb, if you'd like, and serve with vegetables of your choice.

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