

Rack of Lamb with Lavendar Honey & Herbes de Provence

Serves 6

- 2 (1½ lbs. each) racks of lamb, frenched & trimmed
- 1 cup of fresh bread crumbs
- 2½ Tablespoons herbes de Provence
- 2 teaspoons freshly ground black pepper
- 1 teaspoon sea salt
- 2½ Tablespoons olive oil
- 1/3 to 1/2 cup lavender honey (or another honey, if lavender honey is unavailable)

Preheat oven to 450 degrees F.

Combine the bread crumbs, herbes de Provence, salt and pepper and mix with the olive oil.

Season the racks with more salt and pepper. Place them, meat side up, in a roasting pan and roast for 12 minutes. Remove from oven.

Coat each rack with a thin layer of the honey. Sprinkle with the bread/herb mixture, pressing it into the meat.

Return to the oven and roast an additional 10 - 15 minutes for medium rare.

Let the lamb rest 10 minutes before carving into individual chops.

Serve two chops per person.

This recipe was printed from www.chefitupyo.com

The original recipe can be found on www.about.com under the title Rack of Lamb with Lavender Honey & Herbes de Provence.