

Mint Pesto Crusted Rack of Lamb with Pomegranate Reduction

Carolyn T's
Internet
Cookbook

Servings: 4



Notes: The calorie count assumes you eat all the marinade and the fat used to brown the meat. The recipe is designed for each person to have 2 ribs (not very much unless they're very meaty). You may want to use more ribs per person, but don't increase any other ingredients. There is plenty of mint pesto and reduction sauce.

LAMB MARINADE:

- 1/2 cup extra virgin olive oil
- 2 whole garlic cloves, minced
- 2 tablespoons fresh rosemary, minced
- 1 tablespoon fresh mint, minced
- 1 teaspoon fresh thyme, removed from the stem, minced
- 2 pounds rack of lamb, 8-9 ribs, frenched & trimmed

LAMB PREP:

- 2 tablespoons olive oil, for browning the meat
- 1/2 cup red wine, to deglaze the pan
- 1/2 cup Panko

MINT PESTO CRUST:

- 1 1/2 cups fresh mint, lightly packed
- 3/4 cup fresh basil, lightly packed
- 1/2 cup walnuts, toasted
- 2 tablespoons fresh lemon juice
- 2 whole garlic cloves
- 3/4 teaspoon Kosher salt, plus more for seasoning
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons Parmesan cheese, freshly grated

POMEGRANATE REDUCTION:

- 2 cups red wine
- 1/2 cup red wine
- 1 cup Port wine, Ruby style
- 3 tablespoons pomegranate molasses
- 2 tablespoons sugar
- 2 tablespoons cold butter, cut into pieces
- Kosher salt and pepper to taste

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 1415
Calories; 105g Fat (76.0% calories from fat); 36g
Protein; 39g Carbohydrate; 4g Dietary Fiber; 152mg
Cholesterol; 719mg Sodium. Exchanges: 1/2
Grain(Starch); 6 Lean Meat; 1 Vegetable; 0 Fruit; 11
1/2 Fat; 1 Other Carbohydrates.*
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- MARINADE:** Mix the oil, garlic, mint, thyme and half the rosemary to a bowl. Add the lamb and coat well. Wrap in plastic wrap and marinate overnight.
- POMEGRANATE REDUCTION:** Place the 2 cups of wine and cup of port in a medium saucepan and boil until it's reduced to one cup. Whisk in the pomegranate molasses and sugar. Taste for sweetness, adjusting if necessary. Whisk in cold butter just before serving and season with salt and pepper to taste.
- Bring lamb to room temperature (about 45 minutes) before cooking. Remove lamb from marinade and scrape off as many of the herbs as possible.
- MINT PESTO:** In a food processor combine the mint, basil, nuts, lemon juice, garlic, salt and pepper until the herbs are finely chopped, but NOT soft and mushy (they won't stick to the lamb if they're like soft mush). If pesto is very dry, add another tablespoon of oil to the mixture (to help it hold together).
Preheat oven to 450 F.
- Heat a large skillet (don't use nonstick) over medium-high heat until the pan is almost smoking. Add 2 T. of olive oil. Season the lamb with a little salt and pepper and sear, fat side down, until it's golden brown, about 5 minutes. Remove from pan (but reserve the pan).
- Spread the mint pesto over the fat side of the lamb. Press to help it adhere, then sprinkle top with the Panko crumbs, pressing lightly to adhere.
- Roast the lamb in the middle of the oven for approximately 10-15 minutes, or until a meat thermometer registers 120-125 degrees F (rare/medium rare). You want to serve it at 125 for rare, and 130 for medium-rare after it's rested. Remove from oven and rest for 10 minutes tented lightly with foil.
- In the lamb skillet blot out the excess oil and deglaze the pan with the 1/2 cup red wine. Boil and reduce to about 2 tablespoons. Add that reduction to the pomegranate sauce by gently whisking it into the sauce.
- Carefully cut the lamb between the ribs into individual or double chops, taking care not to loosen the mint pesto crust from the meat. Drizzle pomegranate reduction in a zig-zag pattern on the plates, fanning out decoratively. Serve immediately garnished with mint sprigs.