



Rack of Lamb

Ingredient List:

- **1 Rack of Lamb**
- **Kosher Salt**
- **Black Pepper**
- **Olive Oil**

Preparation Instructions:

1. Heat 3 Tablespoons of Olive Oil in a sauté pan or skillet over high heat until oil shimmers and flows like water when the pan is tilted back and forth.
2. Dry the rack of lamb with paper towels. Season the top and two sides with salt and pepper and place, seasoned side down, into the pan of hot oil.
3. Season the side of the rack that is now facing up.
4. Allow lamb to cook for 3-5 minutes until a hard sear is achieved. Then, turn meat over.
5. Sear for an additional 3-5 minutes, adding oil to the pan if necessary.
6. Once a hard sear is achieved on the bottom side, use a pair of tongs to sear the two ends for 20 seconds each. Do this by tilting the pan up so that all oil flows closest to you, then hold the end in the pool of oil with the tongs. Repeat with the other end and then remove the rack to a baking rack that has been placed on a foil-lined sheet pan.
7. Place pan in the oven preheated to 350°F.
8. Roast for 5-15 minutes until the center of the rack has reached an internal temperature of 130°F for medium-rare.
9. Remove from the oven and place on a cutting board to rest for a minimum of 10 minutes.
10. Slice the rack into cutlets the size of your liking and share with your friends.
- 11. Bon Appetit!**

“Keep It Paleo!”