

## Mint Rubbed Lamb



Need:

- ☐ 2 racks of **Lamb**7+ ribs, 1 3/4 - 2 lbs.
- ☐ 2 tablespoons **Brown** sugar.
- ☐ 1/2 teaspoon fresh ground **Pepper**.
- ☐ 1 tablespoon ground **Cardamom**.
- ☐ 1/2 teaspoon ground **Cinnamon**.
- ☐ 2 tablespoons **Confectioners** sugar.
- ☐ 1/3 cup **Cider vinegar**.
- ☐ 1 cup fresh **Mint** leaves, packed
- ☐ 1/4 cup fresh **Mint** leaves, finely chopped
- ☐ 2 tablespoons **Olive Oil**.

- ☐ Using a blender, add **1 cup Mint**, **Confectioner Sugar** and **Vinegar**. Blend until all is minced and well combined. Set aside.
- ☐ In a bowl mix **Brown sugar**, **Pepper**, **Cardamom**, **Cinnamon**, **1/4 cup chopped Mint** and massage this mixture into the **Lamb** racks all over.
- ☐ Cover **Lamb** racks and let stand for no less than 2 hour at room temperature.
- ☐ Preheat oven to **475°**
- ☐ Lightly **Oil** a roasting pan, place the **Lamb** racks into the pan and place into oven for 10 minutes.
- ☐ Lower heat to **375°** and continue roasting for an additional 15 minutes.
- ☐ When ready place **Lamb** racks on a platter, cover with foil and let rest for 5 – 7 minutes.
- ☐ Cut **Lamb** racks into chops and place upon plates, spoon / drizzle a little mint sauce over chops and serve.