

## **Grilled Rack of Lamb with Cranberry Glaze**

**You might not think of rack of lamb as a budget dish but this week I found rack of lamb on sale at Fresh Market for \$12.00 a pound. Since Lamb is my husbands favorite, I purchased several and froze them.**

### **Lamb chops:**

- 1 tablespoon chopped fresh rosemary
- 4 teaspoons chopped fresh thyme
- 4 teaspoons chopped fresh marjoram
- 2 2-pound racks of lamb, trimmed of fat and sinew
- 2 tablespoons olive oil
- 2 tablespoons grapeseed oil (holds at a higher temperature)

For Cranberry drizzle

1 egg beaten

1 cup Japanese breadcrumbs (Panko)

¼ cup snipped fresh mint

3-4 cloves of garlic

½-teaspoon sea salt

Fresh ground black pepper

16 ounces cranberry juice

1 Tablespoon plus brown sugar

3 Tablespoons olive oil

Serve with cous cous

Garnish 1 cup pistachio nuts

½ cup dried cranberries

**For lamb:**

Combine herbs in small bowl. Rub lamb with olive oil, half of chopped herbs, and garlic; cover and chill overnight.

Preheat oven to 425°F. Heat grapeseed oil in large skillet over medium-high heat. Sprinkle lamb with salt and pepper; sear until brown on both sides, 5 minutes total. Transfer lamb to large rimmed baking sheet; roast to desired doneness, about 20 minutes for medium-rare. Transfer lamb to cutting board; let rest 5 to 10 minutes.

Preheat oven to 325 degrees

Place panko on a plate and beaten egg next to the crumbs. Season the lamb and let rest 20 minutes.

Heat a large sauté or griddle pan with olive oil. Dip the back edge of the lamb into the egg and crumb and sear 1 minute on each side

Place lamb on a baking rack and roast in oven for about 7 minutes to medium rare.

Using the same pan as the lamb, add cranberry juice, brown sugar and seasoning. Simmer and reduce to ½ the amount

Remove the lamb from the oven and brush with cranberry glaze

Toss cous cous with pistachio nuts and dried fruit. Arrange lamb chops on top and drizzle extra glaze over the dish