

## Oven Roasted Lamb Rack Salad with Couscous, Fennel, Mint and Tomatoes

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### INGREDIENTS:

\*Instant Read Thermometer, Cast Iron Pan  
2 lamb racks with 8 ribs each (3 to 4 pounds total)  
Kosher salt and freshly cracked black pepper  
4 sprigs rosemary finely chopped  
1 tablespoon Herbs de Provence  
4 medium cloves garlic, finely chopped  
1 tablespoon olive oil

1 cup couscous  
¼ tsp Cinnamon  
½ tsp salt  
A few dashes Tabasco  
¼ cup currants  
1 tbl sherry vinegar  
1 tbl Olive oil  
1 ¼ cup boiling water

1 small shallot, julienne  
1 large fennel bulb with fronds, thinly sliced  
¼ cup black olives  
3 tbs extra virgin olive oil  
1 1/2 tbs freshly squeezed lemon juice  
1/2 tsp kosher salt  
2 bunch fresh mint, picked clean  
3 heirloom tomatoes cut into wedges  
Salad greens

### PREPARATION:

Line a baking sheet with aluminum foil and place a rack over the top.

Heat oven to 275 Degrees.

1. Clean lamb rack of fat cap and extra silver skin.
2. Rub rack with olive oil, herbs, garlic, salt and pepper
3. Place lamb on rack and place into 275 degree oven for 45 – 60 minutes
4. Prep couscous and fennel salad
5. Remove when internal temp reads 125 degrees and let rest for 15 minutes.
6. Heat cast iron pan to med high heat, sear lamb in cast iron pan 1 minute a side
7. When internal temperature reaches 135 degrees, slice rack and set aside.
8. For couscous: Combine dry couscous with everything but boiling water. Stir until combined add boiling water and cover. Rest 20 minutes. Stir to fluff.
9. For fennel salad: cut the fennel bulb in quarters lengthwise. Trim most of the core away from each section, leaving a portion in place to help hold the slices together. Using a sharp knife or mandolin, thinly slice the fennel bulbs into delicate thin pieces. Finely dice some of the fennel fronds and set aside.
10. To make the dressing, whisk the olive oil, lemon juice and kosher salt in a mixing bowl until emulsified.
11. Toss the fennel with shallot and mint
12. On a large serving platter place couscous in the center add greens, top with with fennel salad, place tomatoes and lemons around plate top with sliced roasted lamb racks.