



### Herb honey Glaze Rack of Lamb

*The Glaze can be any herb you like with lamb, including Rosemary, Thyme, Chives, Lemon Basil or Mint!*

Active Time: 15 minutes

Total Time: 30 minutes

Serves: 4

#### Ingredients:

1 (1.75 to 2 lbs.) “French” rack of lamb  
2 tbsp. Grapeseed oil (you can substitute with olive oil)  
8 -10 medium sized cloves garlic, whole but smashed  
1 tablespoon HH Herbal Glaze Honey  
Salt and Pepper to taste  
Small sprig of fresh Mint and Rosemary

1. Heat oven to 450°.
2. Liberally season rack of lamb with salt and pepper.
3. Place cast iron skillet on stovetop on medium-high heat.
4. Using tongs, place rack of lamb fat side down searing until golden brown. Use tongs to flip and sear the all other sides of the rack. This should take about 10 to 12 minutes.
5. Turn the lamb fat side up and add the smashed, whole garlic cloves, then place in oven.
6. Roast in oven for 12 to 14 minutes when a thermometer reads 130° in the center for medium-rare.
7. Remove lamb from oven (be careful the skillet will be HOT!), and rest on your stovetop. Add one more pinch of salt to lamb.
8. Turn your oven onto “Broil”.
9. With a spoon, spread the HH Honey Herb Glaze liberally all over the top and sides of the lamb.
10. Place the skillet back in the oven for 1 to 2 minutes; keeping an eye on it the whole time, making sure it doesn't start smoking. It should bubble, but not burn!
11. Take lamb skillet out and let it rest for 5 minutes before slicing into chops (slicing between the bones).
12. Take a spoonful of sauce from the bottom on the skillet and drizzle over the top of the lamb chop on the plate or platter.
13. Chop fresh Mint and Rosemary leaves finely and sprinkle over meat and side dish (roasted potatoes or rice).