

Lamb Crown Roast

Serves 8 at 450 calories (including cherry glaze)

I bought the roast at Sparrow Meat Market in Kerrytown and ordered some paper chef's hats to fit on the ribs (they are called manchettes or chop frills). Make the stuffing first (see Wild Rice Stuffing and Red Wine Cherry Glaze)

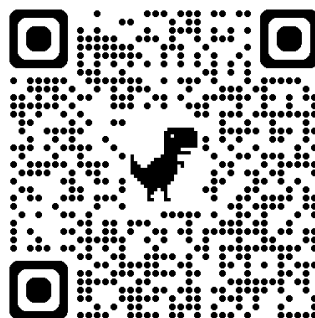


Ingredients:

- 1 crown roast of lamb (2 racks 12-16 ribs)
- 2 Tbsp. olive oil (divided)
- 4 cloves garlic
- 2 Tbsp. fresh rosemary
- 2 Tbsp. flat leaf parsley
- 1 Tbsp. fresh thyme
- 1 Tbsp. Dijon mustard
- 1 Lemon

Equipment:

- Large roasting pan
- Temperature probe
- Frills for bone ends



Lamb Crown Roast:

☑	Directions	Time (min)	
	Preheat oven to 375 and take lamb out of the refrigerator. Make wild rice stuffing and red wine glaze .		
	Peel and mince 4 cloves of garlic	2	30
	Finely chop 2 Tbsp. rosemary, flat parsley, and 1 Tbsp. thyme	5	
	Use a microplane to remove zest from lemon	2	
	In a small bowl, combine garlic rosemary, parsley, lemon zest, and thyme with 1 Tbsp. olive oil	2	
	Wrap bones in aluminum foil	5	
	Pat roast dry with paper towel	1	
	Rub herb paste over the meat on the outside of the roast	1	
	Roast lamb	20	
	Spoon 1/3 of the stuffing into the roast.	1	
	Place remainder of the stuffing into an oven-proof dish. Return roast and stuffing to the oven	1	
	Roast lamb until meat reaches 130 degrees	15	
	Fill the roast with stuffing	2	
	Allow roast to rest	15	
	Remove foil and place frills on the ends of the bones	5	
	Baste with red wine and cherry glaze	2	
	Total		1 hr. 35 min.