

Crown Rack of Lamb

Preparation and Cooking Instructions

Your Crown Rack of Lamb will come from Nino's ready to roast.

Before placing your roast in the oven, we recommend:

1. The most ideal oven temperature is 325 F.
2. If possible, place your Crown Rack on a roasting grate or rack, within the roasting pan. This will help to increase the circulation of the heat evenly around your roast and keep the bottom of the lamb rack from simmering in the juices.
3. Lightly spray or brush the roast with vegetable or olive oil, then season with any dry herbs or seasonings that you wish. The most common are Garlic, Rosemary, Oregano, Thyme and Ground Black Pepper. The herbs can either be in dry or fresh form and should be applied to the exterior, meat side only. Salting the roast before roasting is discouraged because salt tends to draw moisture away from the meat. It is preferred that you lightly salt the chops once they are cut away from the rack after cooking and just before serving.
4. It is recommended that you gauge your meat's doneness by actual internal temperature of the meat rather than length of roasting time at any particular oven temperature. We encourage you to purchase an "Insta-Read" thermometer (under \$10.00). These thermometers do not stay in the meat during cooking but rather are inserted into the center of the meat (away from any bones) when the roast is nearing the minimal cooking time as gauged by a standard of 30 minutes per pound of roast (for Medium Doneness). Thus, you would begin to test the internal temperature of a 3 lb Crown Rack of Lamb slightly before 1 1/2 hours after placing it into your oven at 325 F.
5. The lamb rack will continue to cook an additional 5 degrees more after removing it from your oven, therefore remove the roast from the oven 5 degrees lower than you intend it to be. And let it rest for about 10 minutes before carving. The chart indicates approximate FINAL doneness temperatures.

125 Rare
135 Medium-Rare
145 Medium
150-155 Medium-Well
160 and up Well Done

