

Saslove's Meat Market
50 Byward Market Square
(613) 241-9266

FRENCHED RACK OF LAMB



Cooking Directions

1. Bring the roast to room temperature and season. Cover the bones with foil to prevent charring.
2. Preheat the oven to 425°F.
3. Heat olive oil in a skillet on medium-high, then sear roast for about 2 minutes on each side until browned.
4. Roast with the fat side up at 425°F for about 15-20 minutes for medium rare.
5. Transfer to a cutting board, cover loosely with foil and let it rest for 10 minutes.

Medium Rare Temperature Reading: 130°F

Seasoning Suggestions

- Rosemary
- Garlic
- Fresh Parsley
- Thyme

Wine Pairings

- Cabernet Sauvignon
- Pinot Noir
- Chianti

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