

Reverse Seared Lamb Lollipops

We do not have rack of lamb or lamb lollipops very often, but when I want to make a special dinner, I know they will be a hit. In this case, I served them with steamed broccolini and roasted delicata squash. Absolutely GORGEOUS with a Bordeaux Blend, we enjoyed them with Michael David Winery's Misfits & Mavens.



I generally plan on 3 lamb lollipops for an appetizer portion and 4 to 8 lamb lollipops for a dinner portion (depending on the appetite of those you are serving and how many courses you are having). A full rack should be 8 lamb lollipops but sometimes one of the ribs will be wonky so you will only get 7. Use your judgement.

Cut off any excess fat around the bones and on the top of the meat (once this is done your lamb has been “Frenched”, your butcher may do this for you). Season the lamb racks a few hours to a full day before you plan to cook them. Pat them dry and liberally season them with salt and pepper or whatever seasoning you prefer. Wrap them in plastic and refrigerate until 30 minutes before putting them in the oven.

1. Preheat oven to 250 degrees F.
2. Place lamb racks on roasting pan with ribs curving down and insert meat thermometer into center of thickest part of meat.
3. Slow roast lamb until it reaches an internal temperature of 135 degrees F (for medium rare to medium doneness). Once lamb has come to temperature, remove from oven and tent with aluminum foil until just before you are ready to serve,
4. Before serving, heat grill to high heat and sear all sides of lamb.
5. Remove to cutting board and cut racks between ribs creating lollipops.
6. Enjoy!!!

