

## MUSTARD CRUSTED RACK OF LAMB

1 rack of lamb, trimmed (about 1 1/2 pounds)

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 tablespoons vegetable oil

2 tablespoons Dijon mustard

2 teaspoons minced garlic

1/4 cup seasoned bread crumbs

1 tablespoon grated Parmesan

GOOD EATS Fig Chutney

Season rack of lamb well on all sides with salt and pepper. Heat a medium skillet over high heat and, when hot, add the oil. When the oil is almost smoking, add the rack of lamb and brown well on all sides, about 6 minutes. Transfer the lamb to a plate and set aside to cool slightly before proceeding. Preheat the oven to 450 degrees F. Using the back of a spoon, spread the mustard evenly over all sides of the lamb. Spread the minced garlic over the lamb in the same manner. In a small mixing bowl combine the breadcrumbs and grated cheese and toss to thoroughly combine. Using your hands or a spoon, spread the breadcrumb mixture evenly all over the lamb, pressing so that the crumbs adhere to the meat. Place the rack of lamb on a baking sheet and bake for 12 to 15 minutes for medium-rare. Allow lamb to sit for 5 to 10 minutes before carving into chops to serve. Serve with the Fig Chutney.