

Seared Rack of Lamb with Pistachio Crust

Servings: 3-4

Ingredients:

- 1 **rack of lamb** (about 8 ribs, frenched)
- 1/2 cup **unsalted pistachios**, ground
- 1/4 cup **breadcrumbs** (panko or regular)
- 2 tbsp **Dijon mustard**
- 2 tbsp **olive oil**, divided
- 1 tsp **fresh thyme**, finely chopped or **1/2 tsp dried thyme**
- 1 clove **garlic**, minced
- 1/2 tsp **kosher salt or sea salt** (plus more to taste)
- 1/4 tsp **ground black pepper**

Instructions:

1. **Preheat Oven:** Preheat your oven to 425°F (204°C).
2. **Prepare the Pistachio Crust:**
 - In a small bowl, mix the **chopped pistachios, breadcrumbs, thyme, garlic, salt and black pepper**.
 - Add **1 tablespoon of olive oil** and stir to combine. Set aside.
3. **Sear the Lamb:**
 - Pat the **rack of lamb dry** with paper towels and season it with salt and pepper.
 - Heat **1 tablespoon of olive oil** in a cast iron skillet over medium-high heat.
 - Sear the lamb for **3-4 minutes per side** until browned.
 - Remove lamb from cast iron skillet.
4. **Coat with Dijon & Crust:**
 - Brush the top and sides of the lamb with **Dijon mustard**.

- Press the **pistachio mixture** onto the mustard-coated surface, ensuring an even crust.

5. Bake:

- Place the lamb back in the cast iron skillet, **bone-side down**.
- Roast for **15–20 minutes** or until the internal temperature reaches **125°F (52°C) for rare, 130°F (54°C) for medium-rare, or 135°F (57°C) for medium**. Check temperature at 15 minute mark.

6. Rest & Serve:

- Remove from the oven and let the lamb rest for **10 minutes** before slicing into chops.

👉 **Tip:** If you like rosemary you can add 1/2 tsp dried chopped rosemary in the small bowl with the rest of the spices.