

## **Honey Glazed Rack of Lamb *(from the National Honey Board)***

### ***Ingredients:***

1/4 cup - olive oil

3 Tablespoons - shallots, finely minced

2 cloves - garlic, minced

1/2 cup - lemon juice

1/4 cup - honey

1 Tablespoon - chopped fresh thyme leaves

salt and pepper, to taste

2 - racks of lamb, well trimmed

### ***Directions:***

Heat oil in medium saucepan. Stir in shallots; cook until shallots are soft but not browned, about 5 minutes.

Stir in garlic; cook until just fragrant.

Remove from heat; stir in remaining ingredients except lamb. Let cool.

Place lamb racks in large shallow dish. Pour 1/2 cup honey sauce over racks, turning to coat evenly; cover and refrigerate 1 hour. Set remaining sauce aside.

To cook lamb, place racks in foil-line baking pan fat side up. Bake at 425°F for 20 to 25 minutes, until meat registers 130 to 135°F for medium rare, or is pink when cut with a sharp knife.

Transfer rack to cutting board and cover with foil. Let sit 10 minutes before cutting. To serve, cut chops apart and place on serving plates. Drizzle each serving with 1 to 2 Tablespoons reserved honey sauce.

Makes 4 servings.

<http://www.honey.com/recipes/detail/13/honey-glazed-rack-of-lamb>