

## **Rack of Lamb with a Coffee and Avocado Honey Crust *(from the National Honey Board)***

### ***Ingredients:***

¼ cup - toasted fresh bread crumbs

¼ cup - honey, preferably avocado honey [FYI – any raw honey works]

¼ cup - coarse-ground mustard

1 small - rack of lamb (about 2 pounds)

Sea salt

Coarsely ground black pepper

Granulated garlic

1 cup - strong brewed coffee or espresso

¼ cup - white wine

### ***Directions:***

Preheat the oven to 375°F.

Make a paste of the bread crumbs, honey, and mustard in a small bowl, mixing until just combined.

Season the lamb rack with salt, pepper, and granulated garlic. Spread the honey-mustard paste on the meat side of the rack. Place the lamb rack in a baking dish just large enough to hold it, preferably one that can also be placed directly on the stove top. Pour the coffee into the bottom of the baking dish.

Bake for 10 minutes, or until the crust is set, then baste with the pan drippings, trying not to dissolve the honey-mustard mixture. Continue to bake until a meat thermometer reads 130°F, 20 minutes or longer. Keep a careful watch. If your racks are small, this may take less time. Similarly, larger racks will take longer. When the proper temperature is reached, remove from the oven. Transfer the lamb rack to a warmed plate to rest while you prepare the sauce.

Place the baking dish on the stove. Simmer the drippings over medium-high heat and add the wine to deglaze the pan, stirring with a wooden spoon. Add any additional juices that might have collected on the plate from the resting lamb. Stir until the drippings and wine are well mixed and slightly thick, about 5 minutes.

Cut the rack into rib portions and serve with the warmed sauce.

**Fresh Bread Crumbs:** To make fresh bread crumbs, simply cut a few slices of bread into tiny pieces, or pulse a few slices in a food processor for a few seconds. You are looking for coarse crumbs,

not grains of sand. To toast, toss in a dry saucepan over medium heat for a few minutes, until the bread dries and turns golden brown.

<http://www.honey.com/recipes/detail/13/rack-of-lamb-with-a-coffee-and-avocado-honey-crust>