

THE

CrossFit

KITCHEN



### RACK OF LAMB WITH MINT CHILI SAUCE

by Nick Massie

#### overview

The presentation of this lamb dish will please both the carnivores in your life as well as those who simply appreciate artistry in the kitchen.

#### ingredients

- 2 racks of lamb, frenched
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- Olive oil, as needed
- 1 cup water
- 1 cup sugar
- 2 tsp. sambal chili paste
- 2 tbsps. rice-wine vinegar
- 2 loosely packed cups of mint leaves, chiffonade

#### directions

##### *For the lamb*

1. Heat a cast-iron skillet or pot over high heat.
2. Season the outside of the racks of lamb with kosher salt and pepper.
3. Add olive oil to the pot and then place racks—fat-cap side down—into the oil.
4. Sear on all sides until a rich, brown caramelization is achieved.

5. Remove to a hotel pan that is lined with foil, and use a baker's rack.
6. Roast until the lamb reaches an internal temperature of 130-135 F (to stay on the medium side of medium-rare), remove from oven, cover with foil and allow to rest for 15-20 minutes.
7. Slice between each bone and criss-cross chops over each other so the bones stick up in the center of the plate (see above).
8. Drizzle with mint chili sauce and serve with a gravy boat of mint chili on the side.

##### *For the mint chili sauce*

1. Whisk water and sugar together in a small saucepan and bring to a simmer.
2. Once sugar has dissolved, transfer liquid to a bowl and chill in the fridge or freezer.
3. When the syrup has chilled, add the sambal, rice-wine vinegar and fresh mint.
4. Enjoy this sauce with meats of all types or straight from a straw.