

what geeks eat...



## Roasted Rack of Lamb for Dummies

*Special equipment:* pan large enough to hold the rack of lamb, meat thermometer, foil

### *Ingredients*

Rack of lamb  
3 cloves garlic, sliced thin  
Rosemary, fresh or dried  
Salt and pepper

Take the lamb out of the refrigerator and let it come to room temperature.

Preheat the oven to 425°. Position the oven racks so that you have room for the pan with the lamb and room for your roasted potatoes too. Line your pan with foil if you want to make clean-up easier.

Using a sharp paring knife create a bit of space between the outer layer of fat on the lamb and the inner layer of meat. Insert your knife into the lamb in several places and stuff slices of garlic into the slits. Layer the meat with the remaining garlic and rub salt and rosemary onto the meat layer and the outer layer of fat.

Place the lamb in the pan, insert the meat thermometer and place the pan in the oven. If your thermometer is digital set the temperature alert to 125°, if it's not...well then I guess you're going to have to peek into the oven after about 20 minutes or so to see where its at. Put the potatoes in at about the same time.

Once the temperature reaches 125° take the lamb out of the oven and tent it loosely with foil. Let it rest for 7 - 10 minutes. Keep your eye on the potatoes as they may need to come out too. Cook up your veg and serve.