



## THE MEAT HOUSE: 30 Minute Recipe

*Your Neighborhood Butcher*

### **BALSAMIC MARINATED LOLLIPOP RACK OF LAMB**

*Serves: 4*

- 1 “frenched” rack of lamb (ask one of our expert butchers to prep this for you)
- 2 cups balsamic vinegar
- 8 oz. olive oil
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons garlic
- 2 tablespoons Dijon mustard
- 1 tablespoon honey or maple syrup
- 1 teaspoon oregano (optional)
- 1 bunch fresh rosemary or 2 teaspoons dry rosemary (optional)

### **Instructions**

In a bowl combine and mix all of the ingredients except lamb. If using fresh rosemary, chop it finely and measure 2 teaspoons. Cut the rack of lamb (or have one of our butchers do it for you) into individual lollipops or bones. For the rack you should get a yield of 7 to 8 lollipops. Place the lamb into the bowl and allow it to marinate for 45 to 60 minutes, depending on how much time you have for preparation. Once the lamb has marinated, place a large frying pan over high heat until pan sizzles when oil or water is “splashed” into pan. Pan sear lollipops for 1 (for thinner lollipops) to 2 (for thicker lollipops) minutes a side for medium rare to medium doneness. Be careful of splattering. Cooking time should be increased to 2 to 4 minutes a side if you like your lamb cooked medium well. Once cooked, place lamb on a serving plate, and pour excess marinade out of frying pan and begin cooking the remaining lollipops.



*Marinate for 45 to 60 minutes.*

*For store locations, recipe ideas or to shop online visit:*

[www.TheMeatHouse.com](http://www.TheMeatHouse.com)