



PLATE PREP

Colorado Rack of Lamb

Moroccan rubbed rack of lamb with a house-made demi glaze and a chipotle hummus red onion cucumber raita.

Box to Plate: 15 min. **Wine Suggestions:** Red - Cabernet Sauvignon



Ingredients:

rack of lamb
demi glaze
red onion
cucumber raita
chipotle hummus
vegetables

Essentials Needed:

knife
2 spoons
small sauté pan
2 small
baking sheets
tongs
cutting board
meat thermometer

Steps:

1. Preheat oven to 500 degrees.
2. After the oven is preheated, place the lamb in the oven for 10 minutes.
 - Place the lamb fat-cap-side down
3. After the first 10 minutes:
 - Flip the lamb.
 - With the tongs, squeeze the rack meat together end-to-end to open up the fat.
 - Pull the lamb out of the oven after 5 minutes for a perfect medium-rare temperature, and let stand for 3 - 4 minutes.
 - Put vegetables in oven for 3 - 4 minutes.
4. In a small sauté pan, warm the demi glaze (container 1, heat right before plating the lamb).



DESIGN YOUR PLATE

- Place cold raita (container 2) and cold hummus (container 3) on the center of plates with limited space between them.
- Slice the rack of lamb in the middle and place it neatly next to the hummus and raita.
- Finish with a hot demi glaze on top of the rack of lamb.
- Place vegetables over top of demi glaze topped lamb.
- **Plate & Serve.**