

Crown Roast of Lamb with Roasted Potatoes and Root Vegetables

You will feel like a 5 star chef after preparing this extraordinary lamb dish!

Ingredients

1 Crown Roast of Lamb (2 Racks of Lamb, 6-8 ribs and approximately 2 pounds each tied together to assemble a crown prepared by your local butcher)
12 large cloves Garlic, peeled
½ cup fresh Rosemary Leaves
1 tablespoon fresh Thyme Leaves
2 tablespoons Dijon Mustard
¼ teaspoon Salt
¼ teaspoon Black Pepper
1 + ¼ cup Extra Virgin Olive Oil + additional
10 oz, Pearl Onions (Mix of Red, & Yellow recommended, placed in boiling water for 3 minutes, rinsed in cold water, tips removed and peeled)
1 pound baby Red Potatoes, halved or quartered
1 pound baby White Potatoes, halved or quartered
10 oz Turnips, peeled and quartered or cubed (about 2 large)
6 oz Parsnips, peeled and sliced into ½ inch pieces (about 1 large)
6 oz Carrots, peeled and sliced into ½ inch pieces (about 1-2)
2 tablespoons finely chopped Italian Parsley
Coarse Salt and Fresh Ground Pepper to taste

Preparation

Prepare Marinade for Lamb and Potatoes: In a food processor, pulse garlic, add rosemary and thyme leaves and pulse until finely minced. Add mustard, ¼ teaspoon salt, ¼ teaspoon black pepper and slowly pour 1+¼ cup olive oil from the top while the processor is on, scraping down sides if needed and blend until mixture is combined. Divide mixture in half in two separate bowls. (Yields to about 1 cup, use ½ cup for lamb marinade and reserve ½ cup for roasted vegetables)

Marinate Lamb: Pour ½ cup of marinade in a round dish deep and large enough to hold the lamb. Place lamb in the dish (the meat of the lamb is mostly at the bottom) ensuring that the bottom of the lamb is sunken into the marinade, rubbing the rest of the lamb with the marinade ensuring to rub all over including the outer edges and center. Place dish in a clear bag large enough to fit the lamb, remove any air and seal bag. Refrigerate for a minimum of 4 hours or up to one day.

Roast Lamb: Remove lamb from bag, (DO NOT DISCARD MARINADE) and sprinkle generously with coarse salt and fresh ground pepper, be sure to season the bottom. Place lamb in a heavy roasting pan (cast iron recommended) along with any of the reserved lamb marinade and bring to room temperature, about 45 min to 1 hour. Meanwhile, preheat oven to 450 degrees with the rack in the bottom third (lamb should roast in the middle) and cover each lamb bone loosely with foil. Roast in the oven until a thermometer inserted into the thickest part of the lamb away from the bone reaches 125 degrees for medium-rare (about 30-35 minutes) or 130 degrees for medium (about 35-40 minutes). Remove from oven, transfer lamb to center of a large platter, remove foil from bones and cover the lamb loosely with foil for 10 minutes.

Prepare Roasted Potatoes and Root Vegetables: (This can be prepared at the same time in a separate oven or right before, kept warm and covered with foil) Place rack in the middle position and set to 450 degrees. Place pearl onions, potatoes, turnips, parsnips and carrots on 1 to 2 baking pans depending on the size (do not overcrowd the pan) Sprinkle with salt and pepper and toss with ½ cup reserved marinade to coat vegetables completely. Add additional evoo if needed. Place in the oven and roast until tender, about 30-40 minutes, tossing occasionally. Remove from oven and gently toss with chopped parsley.

Assemble Dish: Spoon roasted potatoes and root vegetables all around the platter and in the center of the lamb and serve.

Serves 6-8