

Honey-and-Garlic Lamb Rack with Orzo Salad

Serving Size: Makes 4-6 servings

Prep Time: 20-30 minutes, marinate 2 hours to overnight

Cook Time: 30 minutes

Ingredients

2 lamb racks, frenched

Instructions

1 1/2 cups red wine
2 tablespoons honey, softened
3 cloves garlic, crushed
1 tablespoon fresh thyme leaves
Salt and freshly ground pepper to taste

Combine the marinade ingredients and mix well. Pour marinade into a large flat glass or ceramic dish. Add the lamb, turning to coat all sides. marinate, meat side down, in the refrigerator for 2-3 hours or overnight.

Orzo Salad:

1 pound orzo pasta
2 ears fresh corn, cooked
Juice and zest of 1 lemon
2 tablespoon extra-virgin olive oil
1/4 cup chopped black olives
1/4 cup chopped fresh cilantro
1/4 cup chopped fresh parsley
Salt and freshly ground pepper to taste

To make orzo salad, cook pasta according to directions on packet and drain well. While allowing orzo to cool slightly, cut the kernels from the fresh corn. Combine pasta, corn, juice, zest and remaining ingredients in a large bowl, toss well and season with salt and pepper to taste.

Remove the meat from the marinade and pat dry. Place the marinade in a small pan and bring to a boil. It is important that the mixture comes to a rapid boil. Reduce heat and simmer until liquid starts to thicken slightly and becomes glossy. Keep warm.

Heat a barbecue or grill to medium-high and cook the lamb racks for 5-6 minutes each side for medium rare, or as desired. Allow to rest for 5 minutes.

Spoon orzo salad onto a large platter and place whole racks on top, or separate lamb into 3-4 chop portions and serve on individual plates. Spoon glaze over and serve with a green salad.

Tip: Orzo salad can be made 2-3 hours ahead and served cold with the lamb.