



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# *RACK OF LAMB WITH WARM APPLE AND LENTIL SALAD*

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

## **Ingredients**

- ❖ 2 tablespoon bread crumbs, coarse, dried
- ❖ 1 1/2 tablespoon extra-virgin olive oil, divided
- ❖ 1 teaspoon rosemary, fresh, chopped, divided
- ❖ 3/4 teaspoon salt, Kosher, divided
- ❖ 1/4 teaspoon pepper, black ground, divided
- ❖ 1 1/2 pounds lamb, rack of, Frenched and trimmed
- ❖ 3 teaspoon mustard, Dijon, divided
- ❖ 2 whole shallot(s), finely chopped
- ❖ 1 1/3 cup(s) lentils, cooked, or 15 ounces canned lentils
- ❖ 1 medium apple(s), Granny Smith, finely chopped
- ❖ 2 stalk(s) celery, with leaves, finely chopped
- ❖ 3/4 cup(s) broth, reduced-sodium chicken, or water
- ❖ 2 teaspoon vinegar, sherry, or cider vinegar



## **Preparation**

1. Preheat oven to 450°F.
2. Mix breadcrumbs, 1/2 teaspoon oil, 1/2 teaspoon rosemary, 1/2 teaspoon salt and 1/8 teaspoon pepper in a small bowl.
3. Heat the remaining 1 teaspoon oil in a large ovenproof skillet over medium-high heat. Add lamb, meat-side down, and sear until browned, about 1 1/2 minutes. Turn it over and spread 2 teaspoons mustard over the meat. Sprinkle the breadcrumb mixture over the mustard. Transfer the lamb to the oven and roast until a thermometer inserted in the center registers 140°F for medium-rare, 15 to 20 minutes. Transfer to a plate and tent with foil to keep warm.
4. Return the pan to medium-high heat (be careful: the handle will still be hot). Add shallots, the remaining 1/2 teaspoon rosemary, 1/4 teaspoon salt and 1/8 teaspoon pepper and cook, stirring constantly, until starting to soften, about 1 minute.
5. Stir in lentils, apple, celery, broth (or water), vinegar and the remaining 1 teaspoon mustard; bring to a lively simmer. Cook, stirring occasionally, until the liquid is slightly reduced and the celery and apple are starting to soften, about 4 minutes. Cut the lamb into 8 chops and serve over the lentils.