

Pistachio Crusted Lamb Rack



Ingredients

- 2 racks of lamb, frenched
- 2 tbsp Dijon mustard
- 1 cup shelled pistachio nuts
- 2 cloves garlic, crushed
- 1 tsp cumin powder
- 1 tsp smoked paprika
- 2 tbsp butter, melted
- 1 tbsp plain flour
- 1 tsp salt
- 1 tsp freshly ground black pepper

Directions

Step 1 – Trim the excess fat from the lamb racks and wrap the exposed bones in aluminium foil to prevent burning. Ensure the lamb racks are removed from the fridge for at least one hour prior to cooking.

Step 2 – Heat the BBQ to medium high heat (200 - 220°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light burners on one side of the BBQ only. If you are using a Weber Q, have a trivet and convection tray in place.

Step 3 – Coat the lamb racks evenly with the Dijon mustard. In a food processor, blitz the remaining ingredients to a coarse paste, then coat the lamb evenly with this mixture.

Step 4 – Roast the lamb over indirect heat, with the BBQ lid closed, for around 30 minutes, or until the internal temperature of the lamb measures at least 55°C. Remove the lamb from the BBQ, cover tightly with foil to rest for at least 15 minutes, then carve and serve.

