

Fresh Canadian Lamb



Rack of lamb with walnuts and blue cheese

Serves four

Preparation time: 20 minutes

Cooking time: approximately 1 hour

Cost: \$\$\$\$

Ingredients

¼ cup	Blue cheese, crumbs	50 ml
½ cup	Walnuts, chopped	125 ml
2	Shallots, chopped	2
½ tsp	Fresh thyme	2 ml
3 tbsps	Olive oil	45 ml
2	Racks of lamb, trimmed and with fat removed	2
	Salt and ground pepper (to taste)	

Method

Mix the cheese, nuts, shallots and thyme. Preheat oven to 325°F (165 °C). In a pan, heat the olive oil. Add salt and pepper, then brown the racks of lamb on all sides and ends. Cook in the oven for one hour, or until the internal temperature reaches 160 °F (70 °C). Spread the cheese and nut mix on the surface of the racks, and broil until brown.

Serve with mashed potatoes and green vegetables.

You can also replace the blue cheese with goats' cheese, and the walnuts with hazelnuts.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per serving:

Calories: 596; Fat: 36.5 g; Protein: 61.9 g; Cholesterol: 186 mg;

Sodium: 310 mg; Carbohydrate: 3.6 g; Fibre: 1.4 g