



Roasted Rack of Lamb with Barley and Pearl Onions

SERVES 4

RACK OF LAMB IS a special meal suited to a celebration. It's an expensive cut of meat but, in my opinion, one of the tastiest. When ordering the rack, ask the butcher to keep a little of the fat cap in place. Also, be sure to use a meat thermometer to gauge doneness—I like lamb just past medium-rare.

For the barley, in a small stockpot, heat the canola oil over medium heat and add the onion. Sauté until it begins to color, 3 to 4 minutes. Add the barley and stir to coat. Stir in the apple and thyme and the 5 cups chicken stock and bring to a simmer. Add the bay leaves and 1 tablespoon sea salt and a few grinds of black pepper. Simmer until the barley is tender and looks creamy, about 20 minutes. If the barley is not yet cooked and it begins to look dry, add more chicken stock as needed. Taste and adjust salt. Keep warm.

For the onions, prepare an ice bath as on page 225. Fill a medium saucepan with water, season with salt, and bring to a boil. Add the onions and cook for 1 minute. Transfer the onions to the ice bath. Once cool, drain and squeeze each onion to remove the skin.

In a large sauté pan over medium-high heat, cook the bacon until crisp. Use a slotted spoon to transfer to a paper towel-lined plate, leaving the rendered bacon fat in the pan. Add the butter and sugar to the pan and cook, stirring frequently, until beginning to turn a caramel color. Add the onions and stir to coat well. Add the vinegar and bring to a boil. Add the chicken stock and reduce the heat to medium. Simmer until the onions are soft and glazed, 8 to 10 minutes. Return the bacon to the pan, stir to combine, and season with salt and pepper. Keep warm.

(continues on page 131)



BARLEY

- 3 tablespoons canola oil
- 1 small Spanish onion, cut into small dice
- 2 cups pearled barley
- 1 honeycrisp apple, cored, peeled, and diced
- 1 teaspoon chopped thyme
- 5 cups chicken stock, plus more as needed
- 2 bay leaves
- 1 tablespoon sea salt, plus more as needed
- Freshly ground black pepper

ONIONS

- Kosher salt
- 2 cups pearl onions, trimmed
- 3 thick-cut strips bacon, cut into small dice
- 2 tablespoons unsalted butter
- 3 tablespoons granulated sugar
- $\frac{1}{4}$ cup balsamic vinegar
- $\frac{1}{2}$ cup chicken stock
- Freshly ground black pepper

LAMB

- $\frac{1}{4}$ cup canola oil
- 2 trimmed racks of lamb, 8 bones each
- Kosher salt and freshly ground black pepper
- 1 tablespoon Dijon mustard
- 1 teaspoon chopped fresh rosemary leaves
- 1 teaspoon chopped garlic
- Sea salt



For the lamb, preheat the oven to 325°F.

In a sauté pan that's large enough for one rack of lamb to lie flat, heat the canola oil over medium-high heat. Add one rack to the pan, fat-side down, and sear until the fat renders and the rack turns golden brown, 3 to 4 minutes. Flip the rack and sear for 1 minute on the loin side. Transfer to a rack set on a baking sheet. Repeat with the remaining rack of lamb. Blot the meat with a paper towel to remove any surface fat. Season with kosher salt and pepper.

In a small bowl, combine the Dijon, rosemary, and garlic. Rub the mixture all over the lamb. Transfer the baking sheet to the oven and roast for 12 minutes. Rotate the baking sheet and cook until it has reached the temperature you prefer. (For medium-rare, roast until the thermometer reads 130°F to 135°F, about 6 additional minutes.) Remove from the oven and allow to sit for 15 minutes before carving.

To serve, place the barley in a serving dish and spoon the pearl onions and any liquid in the pan over the top. Slice the lamb racks between each bone to create individual chops and place them on a serving platter. Season each chop with sea salt just before serving.

Everyday Chef



Simple Recipes for Family and Friends

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