



MARINATED RACK OF LAMB with CABERNET SAUVIGNON SAUCE
Serves 4-6

Marinade

8 oz. **Eagle Eye** CABERNET SAUVIGNON
5 oz. Olive Oil
4 oz. Beef Stock
2 oz. Soy Sauce
1 oz. Spicy Dijon Mustard
2 oz. Chopped Scallions or Onions
5 Cloves Garlic Chopped
2 TBS Chopped Fresh Parsley or 1 TB Dried
1 tsp Fresh Thyme
1 tsp Black Pepper

Spice Rub

$\frac{1}{2}$ tsp Smokey Spanish Paprika
 $\frac{1}{2}$ tsp Garlic Powder
 $\frac{1}{2}$ tsp Onion Powder
 $\frac{1}{2}$ tsp Black Pepper
 $\frac{1}{2}$ tsp Salt

2 Lamb Racks

2 TBS Olive Oil for browning

24 Hours in Advance of Dinner

For the Marinade:

In a blender or food processor combine wine, 4 oz. olive oil, beef stock, soy sauce and mustard. Mix and set aside.

In a bowl, add onions, garlic, parsley, thyme and pepper and mix together. Add these ingredients to the liquid mixture and stir to combine.

Place lamb racks in a large dish and pour the liquid mixture over the meat. Add more stock if necessary to submerge the racks in liquid.

Cover the dish and refrigerate for 24 hours.

For the Spice Rub:

Combine all spices and set aside.

After 24 hours remove refrigerated lamb racks, pour off the marinade in a sauce pan and set aside. Rub the lamb racks with the spice rub, wrap in foil and place back in the refrigerator.

Place sauce pan with marinade on medium high heat and reduce liquid by half.

Remove from heat and let cool.

Skim fat from the top, taste and adjust seasoning to your taste. This becomes the sauce.

Pull seasoned rack of lamb from the refrigerator and let set for 1 hour before cooking.

If you grill the racks wrap the bones with foil to prevent burning.

Or you can brown the racks in a hot frying pan in 2 TBS olive oil, then finish in the oven at 375 degrees,

Internal Temperature Chart

120 degrees - Rare

130 degrees - Medium Rare

140 degrees - Medium

150 degrees - Medium Well

160 degrees - Dead!

Take off the heat, cover with foil and let rest for 20 minutes, then cut into chops. Serve with Sauce.