

Pomegranate Cumin Rack of Lamb

Serves 4:

Ingredients

Marinade:

1/4 cup pomegranate molasses
1 teaspoon ground cumin or cumin seed
3 cloves of garlic, pressed
1 tablespoon fresh oregano leaves, minced
1/2 teaspoon cinnamon
kosher salt and freshly ground black pepper
1/2 cup extra virgin olive oil

2 racks of lamb, about 1 1/2 pounds each

Preparation

Begin by trimming excess fat off two racks of lamb.

In a small, dry skillet over low heat, warm ground cumin to wake up the spice.

If you use cumin seed, grind it in a spice mill before adding to the marinade.

Combine pomegranate molasses with cumin, garlic, oregano, cinnamon, salt, black pepper, and olive oil.

Whisk together until well blended.

Place racks of lamb in a ziploc bag and pour over marinade, turning to make sure lamb is well-coated.

Refrigerate for at least 1 hour and up to 4 hours.

Take meat out of refrigerator and let come to room temperature before grilling.

Prepare and heat a grill, preferably charcoal, to medium-high heat--375 to 400 degrees.

Remove lamb from marinade and place on hot, cleaned grill, flesh side down.

Be careful to use indirect heat, because the sugar in the pomegranate molasses may cause flare-ups.

Cook covered for about 10 minutes on each side.

Internal temperature will reach 145 degrees for medium rare.

Remove racks to a cutting board and allow to rest for 10 minutes.

Carve into individual ribs and serve immediately.

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