



# Ivey's In My Kitchen™

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Vicky Ziluck  
Creative  
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## Ivey's Got a Great Rack!

What was it we learned, back in school? March roars in like a lion and out like a rack of lamb. Oops, wait ...is that wrong?

Lamb, doesn't get anywhere NEAR the credit nor the play that it truly deserves. Lamb is a rich, satisfying, fulfilling and sexy food. I think lamb, in general, has unjustly gotten a bad rap. I have the thought that lamb has been taken, to be a little too... froofy maybe? Kind of like the meat version of quiche. But I must say, that in my extensive experience with men, as well as my knowledge of food, there has yet to be a gentleman to cross my path, culinary or otherwise, that did not get wide eyes

and drooled lips at the site of a nice big sweet juicy rack, all for himself.

I'm known for mine. I've got the best rack around. I know a few of you jokers think I'm talking about my 36 Double D's. (Which, while bountiful and luscious, they are nothing compared to my rack of lamb.) My rack is nothing far and wide across this beautiful country of ours for its succulent, satisfying perfection. I get requests every time I travel, and I can take on multiples all at one time, just by my little ol' self. Now THAT's talent. And what a dish!

Who knows why lamb is not appreciated? Maybe the lack of appreciation has something to do with by those silly white frilly things they dress the lamb rack tips up with at the butcher counter? That makes it appear so fancy-schmancy. Maybe even inaccessible or complicated, I don't know. All I know is that it is high time AND the right time of year to pull lamb out of the restaurant shadows and show it for what it really is...a delectable, mighty fine and easy, tasty meal to make at home. With finger licking, bone sucking ability and endless possibilities.

When buying your rack, SIZE MATTERS. (Doesn't it just always?) Look for one that is heavy for it's size and has a generous layer of fat across the top. If you are buying from a butcher, or the supermarket, ask them to "French" the rack for you. That is to remove the meat between the bones at the top. It looks nice and makes the individual chops easier to pick up with your fingers and eat. I realize that for the more polite of heart, eating with your hands is a big no-no but as far as I'm concerned, the only true way to really enjoy lamb chops is to grab them by the bone and go to town, really gnaw on them. Hey, what? I said I was a cook, I never said I was a lady. And you all know it.....

One rack will serve two people if you have generous side dishes. I'm technically supposed to tell you that. If you're really hearty eaters (clearly, I am), I recommend one rack per person. You know your crowd. If you have leftovers, I'll teach you about Bar Mitzvah Style, later. It is so unbelievably good, especially for leftovers!!!! Also, it's broken record time again folk's...here I go,...pull out your digital probe meat thermometer for this recipe. I know a lot of you don't have one, get one. Put down this article and go get one. Polder makes the ones I like. There are many on the market now. Look for a digital probe meat thermometer that is simple and easy to read. The perfect rack of lamb is cooked to perfection (in my opinion) at medium rare, an internal temperature of 145 degrees. This takes into the account; the meat temperature will continue to rise a few degrees after being removed from the oven.

Ok, let's get started...

1 Rack of lamb  
Approx. 2 Tbs. of Magic Oil (sub with pure olive oil)  
Kosher Salt  
1 Tbs. Sticks & Buds (sub w/dried rosemary & thyme)  
1 or 2 Sprigs of Fresh Rosemary  
Dijon Mustard – optional\*

Rinse rack and pat dry. Using a sharp knife, score the top layer of fat in a diagonal criss-cross pattern.

Preheat oven to 425°

Coat the entire rack (both sides) with Magic Oil. I use a silicone basting brush or my hands. Sprinkle with Sticks & Buds and Kosher Salt and weave the fresh sprig of Rosemary between the bones on top.

\* If you were to choose to use the Dijon mustard, cover the topside of the meat with it now.

Place lamb, fat side up in a shallow baking dish. If cooking two, you may lean them together like a tee-pee and cross the bones. Insert the meat thermometer dead center of the rack; making sure that the metal tip of the probe does not touch any of the bones or the bottom of the pan. Set the meat thermometer for 145°.

Roast until the thermometer beeps, approximately 25 - 30 minutes. Set aside and cover loosely with tin foil for 10-15 minutes - keep the probe in until you are ready to carve. If you remove it too soon it will drain out all the juices from the meat. I like to cook the racks to readiness ahead of time and then put them back in, to crisp up the top, right before dinner.

To do this, set your oven to 475 ° and put the racks into the oven. 8 to 12 minutes should just about do it. Carve into chops and serve with mint jelly or a simple Dijon gravy.

Lambchops Bar Mitzvah Style

When I was growing up, we the Pinsker's (that's my maiden name) had many unwritten traditions; we would always roll change, sitting on the floor in our pajamas on Thanksgiving. Whatever boy we were dating was always welcome to join us for dinner on Wednesdays but we, as daughters, were not permitted to miss "Wednesday night family dinner". I dated one guy who called it Prince Pinsker's Spaghetti night. Another Pinsker tradition was that at any catered event, someone had to lay in wait by the kitchen exit door for the "Lambchop Guy". Laying in wait, and ready to grab. The poor schnook never knew what hit him. If you have ever catered an event or attended one you know that lambchops are a commodity. There is always some, and always wanted but never enough to go around. And if you don't catch the Lambchop Guy right outta the gate, it's you who misses out. As he proudly parades with the precious, brimming, platter across the crowded room, that tray will be pounced upon, violated, invaded to empty by the time it reaches the rooms end. They were there, everybody saw them and yet, not so much as a single chop left. There is, however, so much more fruit, crackers, cheese platters and crudité around.

Lambchops made for catering purposes are either the easiest thing to make or the worst. When dealing with whole racks its easy, but chops, they dry out fast. And I believe that is how Bar Mitzvah Style was born. Once the whole rack has been cooked to perfection, reheating

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\* You are left with a prepared dinner and a set table

options are limited. Some foods lend themselves to reheating, lamb is as delicious and rich as it is unforgiving. It has only two stages of perfection, medium rare and broiled to death. And as I said before, I believe one is a result of the other. Lamb is often described as "rich". That is because it has an intense flavor and a texture that can be cooked soft as silk or to crisply melting into your mouth. There's no in between, try, and you'll get gray meat.

Caterer's figured out long ago that to use the left over lamb from the event before by cutting it into chops, lubricating them up and broiling the living daylights out of 'em was frugal AND profitable. It made desirable rack of lamb available for the main menu and gave an opportunity, in using the leftovers to charge again for something that was already paid for by somebody else. Sneaky isn't it?? That's why we have no mercy for the Lambchop Guy. He is in on it. On more than one occasion, I've witnessed practical, tactical, tackling to get the last lambchop from the platter. Crispy Bar Mitzvah Style is worth the bodily harm. I introduced my Husband to the tradition of laying in wait for the Lambchop Guy and now he plays the game with us. (FYI, I only shared it with him after we were married.) He LOVES lambchops. I make sure to always cook one rack for each of us so that I can make Bar Mitzvah Style for him the next day. They need nothing except for oil and intensive heat. Wait, I lied, parchment paper, they need parchment

paper. It is essential here. Cut lambchops, even oiled, cooked on a high heat will stick to tin foil.

Only when they are crackling do I consider them done and dip them in mint jelly. If I'm not in the mood for mint jelly, for a juicy rack, I will mix Dijon mustard into the pan juices and drizzle as gravy. Take your pick and enjoy!

Use your smart phone to scan the codes and bring up our YouTube instructional video. The video can also be seen on our Boating on the Hudson website [www.Boatingonthehudson.com](http://www.Boatingonthehudson.com)

Also, visit us at [www.Iveysinmtkitchen.com](http://www.Iveysinmtkitchen.com)" we are always happy to hear from you!

Enjoy!

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