



Panko-Herb Lamb Chops

1 1/2 cups panko
4 tablespoons finely chopped fresh flat leaf parsley
1 tablespoon finely chopped fresh thyme
1 1/2 teaspoons fresh rosemary
1/2 teaspoon salt
1/4 teaspoon black pepper
3 1/2 tablespoons olive oil
3 frenched racks of lamb (8 ribs), trimmed of all but a thin layer of fat.
2 tablespoons Dijon mustard

Preparation

Preheat oven to 400 F for 1/2 hour.
Temper lamb by bringing to room temperature.

Mix panko, herbs, salt and pepper in a bowl, then add 2 1/2 tablespoons olive oil and combine.

Rub salt and pepper into lamb on all sides. Heat the remaining olive oil in a pan in a large skillet over medium-high heat and brown racks about 4 minutes per side. Transfer roasting pan with fatty side up.

Spread fatty sides of each rack with 2 teaspoons mustard. Spread crumb mixture into 3 parts and press onto the mustard coating on each rack.

Roast lamb until thermometer inserted diagonally 2 inches into the center (not touching bone) registers 130 ° F (medium rare), 20 to 25 minutes, and transfer to a cutting board. Let stand for 7 minutes, then cut into chops