

# Anise Rack of Lamb

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## Ingredients:

1 or 2 racks of lamb "**Frenched**" with chine removed.

## Paste

- 3 tablespoons olive oil
- 2 tablespoons anise seeds ground
- 1 tablespoon garlic minced
- 1 tablespoon anise liqueur
- 2 teaspoons coarse salt

- 2                      teaspoons fresh ground black pepper

## Method

- Mix all the paste ingredients thoroughly in a bowl.
- Slash the fat cap on the lamb 3-5 times about 1/2" deep.
- Thoroughly rub the paste over the meat and into the slashes, covering every part.
- Let the meat rest for a half hour before placing on the grill.
- Prep charcoal grill for a two zone fire at medium heat (350°-450°f).
- Cover the exposed bone with foil to avoid excessive charring.
- Sear the racks over direct heat, fat side down until browned.
- Try to keep the lid down for this, but watch for flare-ups.
- Move the racks to indirect heat, with the bone side down and continue cooking until medium rare - or your desired doneness is achieved.
- Let meat rest for 5-10 minutes before serving.