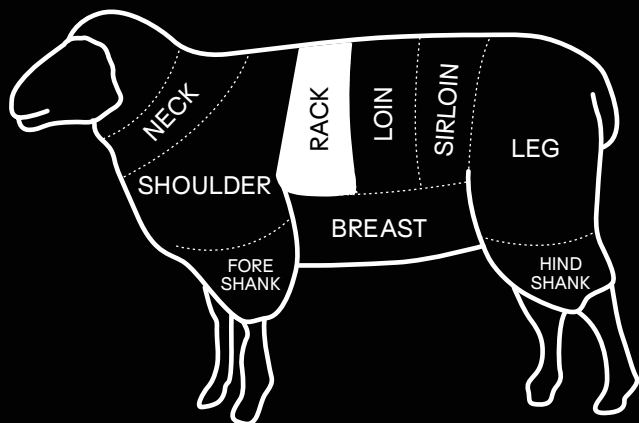


# US: LAMB RACK 204C/204D

AU: Lamb Rack 4756/4764



Best for  
grilling,  
roasting and  
pan-frying



Pan-Fry



Sous Vide



Roast



Grill

Accounting for 9.5% of the carcass, the rack is prepared from a side of lamb by removing the forequarter using a straight vertical cut along the rib bone and a horizontal cut along the top of the flap. It contains rib bones, backbone and the thick, meaty rib eye muscle. Reaching its full potential when roasted, the rack is usually further prepared by the removal of the cap and frenching the bones. Lamb chops are simply cut from the rack – versatile and easy to cook, chops are tender and suit high temperature cooking methods such as pan-fry and grill.

Lambassador Sean Wheaton gives his lamb chops a sous vide treatment and then finishes them in a pan with dukkah spices, along with a bit of lamb jus, and pomegranate molasses. Wow!

Here are few more of our fave preparations using the rack:

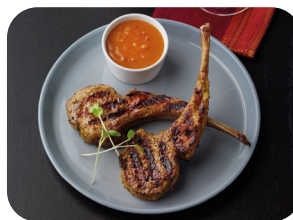
## Dish Inspiration



Tahini herb-crusted  
Australian rack  
of lamb



Za'atar Australian lamb  
chops, eggplant, cucumbers,  
preserved lemon, labneh



Satay Australian lamb  
chops and peanut sauce



Grilled rack of lamb with  
fennel dust and pear  
brandy risotto

## Learn More

