

Rack of Lamb with Maple-Roasted Brussels Spouts, Delicata Squash, and Pears



Ingredients

- 6 garlic cloves
- 3 tablespoons fresh rosemary leaves
- 2 tablespoons extra-virgin olive oil
- 1 rack of American lamb, frenched (1 ½ to 2 pounds)
- Kosher salt and freshly ground pepper
- 1 medium delicata squash (about 1 pound)
- 12 ounces Brussels sprouts, trimmed and halved (keep any loose leaves)
- 2 red Anjou or Bartlett pears, halved, stemmed and cored, and each cut into 8 wedges
- 2 tablespoons extra-virgin olive oil
- 2 tablespoon maple syrup
- Kosher salt and freshly ground pepper
- 2 handfuls fresh parsley leaves

Directions

Preheat the oven to 475°F.

For the lamb: In a mini food processor (or with a knife), finely chop the garlic, rosemary, and olive oil until the garlic is a paste and the rosemary is a mix of some finely chopped and some larger leaves. Season the lamb rack on both sides with salt and pepper, then rub with the garlic-rosemary mixture. Set aside at room temperature for about 1 hour.

For the vegetables: Halve the squash lengthwise and scoop out the seeds. Cut it into 1/2-inch-thick moon-shaped slices. Pile the squash, Brussels sprouts, and pears in the center of a large rimmed baking sheet. Drizzle with olive oil and maple syrup, and sprinkle with a few big pinches of salt and several grinds of pepper. Toss to coat evenly, and spread the mixture in a single layer on the baking sheet. Place the lamb meaty side up in the center of the pan, covering some of the vegetables and pears.

Roast until the internal temperature reaches 130 to 135°F on an instant-read thermometer for medium-rare, 10 to 15 minutes. (The internal temperature will increase to 145°F out of the oven.)

Transfer the rack to a large platter and cover loosely with foil to rest for 10 to 15 minutes.

Roast in the upper third of the oven until the vegetables are tender and the internal temperature of the lamb reaches about 120°F on an instant-read thermometer, 25 to 30 minutes. Switch the oven to broil and position the sheet pan so that the top of the lamb is about 4-inches from the broiler. Broil until the lamb and vegetables are nicely browned on top, 3 to 5 minutes.

Transfer the rack to a carving board, tent it with foil, and let rest for 10 minutes. Loosen the pears and vegetables from the baking pan with a spatula, scraping up any browned bits from the pan, and toss them together with the parsley. Transfer to a warmed serving platter.

Carve the rack between the rib bones and transfer to the platter, nestling it over the vegetables and pears. Serve immediately, with Syrah wine.

Servings: 4 | Cook Time: 1 hour