



## Herb Roasted Lamb

WITH ASPARAGUS

Pairs with Saratoga Sparkling Spring Water

A welcome recipe for spring. The bold, herbal flavors of this lamb recipe are truly delicious. This recipe pairs well with Saratoga Sparkling Water. The uplifting bubbles and low minerality let the flavors of the recipe shine while holding its own on your palate.

- SERVES 4 PEOPLE
- COOKS IN 1 HOUR

### Ingredients

#### HERB ROASTED LAMB

2 racks of lamb around 2 lbs. each  
1 tbsp. + 1/4 cup olive oil, divided  
6 large garlic cloves, crushed  
4 sprigs rosemary, chopped  
10 sprigs thyme, chopped  
1/2 bunch Italian parsley, chopped  
1/2 tbsp. whole black peppercorns  
kosher salt, as needed

#### ASPARAGUS

1 bunch asparagus  
salt & pepper, as needed  
3 tbs butter

#### FOR SERVING

flakey sea salt, to taste

### step BY STEP

#### FOR THE HERB ROASTED LAMB

##### • Step 1/5

Put oven rack in the middle position and preheat the oven to 350°.

##### • Step 2/5

Crack the black peppercorns with a mortar and pestle or spice grinder. Pat lamb dry, season with salt and pepper and set aside.

##### • Step 3/5

In a food processor or with a mortar and pestle, stir together 1/4 cup olive oil, Italian parsley, rosemary, and thyme. Season with salt and pepper to taste.

##### • Step 4/5

In a large heavy skillet heat 1 Tbsp. olive oil until hot, and then brown racks in batches on all sides except the ends. About 8 minutes per batch. Transfer racks to a small roasting pan and coat thoroughly with herb mixture.

##### • Step 5/5

Roast for 20-25 minutes, covering halfway through and until your meat thermometer reads 130 °F for medium rare.

#### FOR THE ASPARAGUS

##### • Step 1/3

Prep a large bowl filled with ice water.

##### • Step 2/3

Bring a medium pot of salted water to a boil and cook asparagus for about 5 minutes until they are bright green. Remove asparagus from the pot with a slotted spoon and transfer directly to the bowl of ice water to let cool. Once cool, drain and pat dry.

##### • Step 3/3

In a medium pan, melt butter and add cracked pepper. Add asparagus and quickly toss and season with salt.

##### • To Serve

After the lamb is rested, cut into double chops and add asparagus. Sprinkle with flakey sea salt and serve.

