

## Lamb Ribs with Rhubarb and Radish Salad

### Vitamin B12

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

### Ingredients:

#### For the lamb:

1 tablespoon black peppercorns  
1 tablespoon white peppercorns  
1 tablespoon coriander seeds  
1 tablespoon fennel seeds  
1 4 pound rack of lamb  
1 teaspoon kosher salt

#### For the radish salad:

½ teaspoon finely grated lemon zest  
1 ½ teaspoon fresh lemon juice  
¾ teaspoon honey  
¾ teaspoon Dijon mustard  
2 tablespoons olive oil  
Salt and pepper, to taste  
1 bunch radishes cut into matchsticks  
2 large rhubarb stalks, cut into matchsticks  
1 shallot, very thinly sliced  
1 cup mint leaves

#### For the rhubarb:

4 large rhubarb stalks  
½ cup pure maple syrup  
¼ cup balsamic vinegar  
½ cup water



### Method of Preparation:

1. Preheat oven to 450 degrees. In a medium skillet, over medium heat, toast peppercorns, coriander and fennel seeds, dry, until fragrant and golden, about 3 minutes. Let cool. Coarsely grind in a spice mill.
2. Season lamb with salt, then rub spice mixture, pressing to stick. Set the racks fat side up on a tall rimmed baking sheet and allow to sit for an hour.
3. While ribs are marinating, assemble the salad. Whisk lemon zest, lemon juice, honey and mustard in a large bowl. Whisk constantly, adding oil until emulsified. Season with salt and pepper. Add radish, rhubarb matchsticks, shallot and mint to a bowl and toss to coat. Taste for seasoning.
4. Roast lamb in the top half of the oven for 15 minutes. Turn the racks and roast another 10 minutes for medium rare. Remove from the oven and allow to rest for at least 10 minutes.
5. While ribs are cooking, bring rhubarb stalks, maple syrup, vinegar, and ½ cup water to a boil in a medium saucepan. Reduce heat to medium and simmer until liquid is reduced by half and syrupy, about 20 minutes. Skim or strain, discarding as much of the solids as possible.
6. Carve the racks in between the bones and drizzle with sauce. Serve right away alongside salad.

### Nutritional Analysis:

Calories: 624  
Carbohydrates: 37 g  
Sodium: 682 mg  
Protein: 65 g  
Fat: 23 g  
Fiber: 2 g