

HONEY GLAZED SLOW ROASTED RACK OF LAMB

Sweet. Salty. Simple. Slices like butter. What more could you ask for?

Meat Cut Needed: 1 Rack of Lamb

Serves: 2-4 humans, depends on appetites of those you'll feed 😊

Skill Level: Easy to Medium

Cooking Method: Slow Cooker - CrockPot or Oven

Requires Thaw: Yes, bring to room temp

Marinade Time: 30 minutes, up to 24 hours

Prep Time: 15-30 minutes

Cook Time: 3-4 hours

Ingredients

- 1 1/2 pound rack of lamb
- 2 tablespoon liquid aminos or soy sauce
- 2 tablespoon of honey
- 2 cloves of garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 fresh rosemary sprigs, chopped or 1 teaspoon dry rosemary
- 6 tablespoons of water

Instructions

1. In a large bowl, whisk together soy sauce, honey, garlic, salt, pepper, rosemary, and water.

2. Place lamb rack in a large bowl and cover with the marinade over top. Make sure the rack is evenly coated.
3. Let the lamb marinate for at least 30 minutes, up to 24 hours.
4. When you're ready to cook, place lamb in the bottom of your slow cooker with water.
5. Cook on the LOW setting for 3-4 hours.
6. Turn the rack 1 or 2 times and spoon the marinade over the lamb.
7. Use more water if required, just add a tablespoon at a time. (some slow cookers get hotter than others)
8. Optional, in a preheated oven at 375 degrees F for 20 minutes to crisp up the lamb roast.
9. Using the juices from the slow cooker strain and skim off the fat, this is your Jus.
10. Serve lamb with Jus, your favorite sides, a drizzle of lemon juice, and chopped fresh herbs.

Recipe adapted from ovenspot.com



Farmer's Notes:

Keep your eye on the rack of lamb as it cooks.

I noticed the liquid was evaporating an hour or so after I started, so I added 30 Tbsp. (yes 30!) of water.

I like juicy meat better, and didn't want to have a dry chunk of meat and bones waiting for me.



Otherwise, I was impressed with how simple the process was and the texture and flavor was top notch.

Adjust the seasoning levels according to your liking, more pepper would've given it a spicier kick (since I like spice).

Enjoy!

Your farmer,

Jordan @ The Foragers' Farm

P.S. You can bookmark this recipe [in your browser here](#).