

## Rack of Lamb with Lavender Honey and Herbs de Provence

### Ingredients:

2 (1 lb. each) Racks of Lamb – Frenched  
1 cup fresh bread crumbs  
2-1/2 Tablespoons Herbs de Provence  
2 teaspoons freshly ground black pepper  
1 teaspoon sea salt  
2-1/2 Tablespoons olive oil  
1/3 - 1/2 cup **Lavender** Honey

### Preparation:

Preheat Oven to 450 degrees.

Season the Racks of Lamb with salt and pepper. Place them meat side up in a roasting pan and roast for 12 minutes. Remove from oven.

Combine bread crumbs, Herbs de Provence, pepper, & salt, then mix with the olive oil.

Coat each Rack of Lamb with a thin layer of Lavender Honey. Sprinkle with the bread crumb herb mixture, pressing it into the meat.

Return to the oven and roast 10- 15 minutes more until medium rare.

Serves 6