



PISTACHIO CRUSTED LAMB

Altitude at [Breathless Montego Bay](#)

INGREDIENTS:

4 oz Rack of Lamb
3 oz Dijon Mustard
4 oz Pistachio (chopped)
1 Cup Red Wine
½ Cup Brown Chicken Stock
½ Cup Brown Beef Stock
2 Pinches of Salt
2 Pinches of Black Pepper

PREPARATION:

Clean lamb and season with salt and pepper to taste

Sear lamb rack on the stovetop pan or grill

Rub Dijon mustard on the lamb and coat with chopped pistachio

Preheat oven at 350°

Cook lamb in the oven for 6 minutes

Meanwhile, reduce red wine in a separate sauce pan and combine chicken and beef stock, let it reduce

Combine red wine reduction and beef demi, season to taste

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