

# Rack of Lamb

Cooked in a Low Temp Cook & Hold Oven



COOKING GUIDE

PREP TIME	COOK TIME	COURSE	CUISINE	SERVINGS
15 mins	90 mins	Main	American	Varies



Model **LCHR-1220-4**

VIEW SPEC SHEET AND  
INSTRUCTIONAL VIDEO



[fwe.com/rack-of-lamb](https://fwe.com/rack-of-lamb)

## Ingredients

- ◆ 2x Frenched Rack of Lamb (Avg. 1.4lbs – 1.8lbs each)
- ◆ Desired Seasonings

## Instructions

- ◆ Preheat oven to 250°F.
- ◆ Remove any excess silver skin from each rack of lamb.
- ◆ Coat each side with olive oil.
- ◆ Generously apply your desired seasoning blend.
- ◆ Wrap the exposed bones with aluminum foil.
- ◆ Place the lamb directly on the oven rack to cook for 90 minutes.
- ◆ Remove from the oven and allow to rest for 5–10 minutes.
- ◆ Slice, serve, and enjoy!

## Equipment Instructions

- ◆ Set a 250°F cook temperature.
- ◆ Ensure the cook method is set to “Time.”
- ◆ Set the timer for 90 minutes.
- ◆ Once preheated, load the rack of lamb into the oven, placing directly onto the wire racks
- ◆ Press the “▶” button to begin the cook.
- ◆ Once the cook cycle is complete, remove the lamb from the oven and enjoy!

