

# Rack of Lamb with Grain-Free Herb & Mustard Crust

Hands-on 15 minutes Overall 30 minutes

**Nutritional values (per serving, 2 ribs):** Total carbs: 0.9 g, Fiber: 0.2 g, **Net carbs: 0.7 g,**

Protein: 37.2 g, Fat: 66.9 g, Calories: 779 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

2 large racks of lamb, 8 ribs (1.5 kg / 3.3 lb) - *will yield about 50% meat*

2 tbsp ghee or lard

1 tbsp Dijon mustard - *you can make your own*

1 cup ground pork rinds (50 g/ 1.7 oz) - *you can make your own to avoid unhealthy additives*

2 cloves garlic, minced

1-2 sprigs fresh rosemary or 1-2 tsp fried rosemary

1/2 tsp salt or to taste (I like pink Himalayan)

freshly ground black pepper

## Tips for Sides to Serve With:

[Green Beans with Lemon and Almonds](#)

[Creamy Keto Mash](#)

[Easy Summer Vegetable Salsa](#)

[Authentic Greek Salad](#)

[Low-carb "Potato" Salad](#)

[Buttered Brussels Sprouts](#)

*Note: Nutrition facts are estimated. Some cuts are relatively lean while other cuts - like the ones I used - are high in fat. Lean cuts can reduce the calories to about 450 kcal and fat to about 27 g.*

## Instructions

1. Bring the lamb racks to room temperature before cooking. Preheat the oven to 200 °C/ 400 °F. Season the racks with salt and pepper. Heat a large pan greased with 1 tablespoon of ghee over a high heat and place in the lamb racks with the fatty side down (ideally one rack at a time to avoid overcooking).
2. Cook for just 2-3 minutes until browned. Turn on the other side and cook for about 30 seconds. Using tongs, cook the rack standing up for another 30 seconds and on the sides for 30 seconds to seal the

meat from all sides.

3. Place on a baking tray lined with parchment paper and let it cool down slightly. Meanwhile, prepare the crust. Place the pork rinds, minced garlic, rosemary, more salt and pepper (if using unsalted pork rinds) and the remaining 1 tablespoon of ghee into a food processor.
4. Pulse until crumbly (I use a Kenwood mixer with a food processor attachment). Wrap a piece of aluminium foil tightly around the exposed rib bones to prevent them from burning. Spread the mustard over the top fatty parts.
5. Add the pork rind & herb crust and press it in using your fingers so it won't fall off during baking. Place in the oven and bake for 15-18 minutes (medium-rare) or 20-23 minutes (medium). Remove from the oven and cover with aluminium foil and let it rest for about 10 minutes. The meat will keep cooking from the residual heat resulting in evenly cooked and juicy meat.
6. When ready to be served, remove the aluminium foil and discard. Use a sharp knife to gently slice the racks to prevent the crust from falling off. Enjoy!

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