**COOKING RACK OF LAMB FROM SEARED**

1. Bring rack to room temperature – let rest on counter 2+ hours (this shortens cook time)
2. Pre-heat oven to 375°
3. Place rack, uncovered, on center rack and cook uncovered approximately 20 minutes per pound. This number varies a great deal and is dependent on size, temperature and quality of oven. Therefore, always err on the side of caution (check before you think its done) and use a meat thermometer.
4. Check temperature at thickest part of roast for at least 30 seconds
   * 120-125° = Rare to Med Rare (best for lean cuts like tenderloin)
   * 130-135° = Medium to Med Well (best for fatty cuts like prime rib)
   * 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 10 minutes before carving