

Frenching A Rack of American Lamb

Rack of lamb is an elegant and popular menu item in fine dining restaurants. According to research studies done for the American Lamb Board, more than 75 percent of fine dining operators menu lamb and rack of lamb is the most popular cut menued.

American rack of lamb is noted for its larger rib eyes and mild yet distinctive flavor.

Chefs may request that their suppliers provide the racks frenched to specifications or they may french the racks in-house. Frenching is the removal of at least 1.5 inches of meat from the bone ends of a rib roast or rib chops. The lean meat and some fat removed while frenching the rack can be used for grinding.



Equipment Needed:

Cutting board, plastic gloves, sharp boning knife

Ingredient:

Rack of American Lamb, cap on, chine removed



Holding underneath the shoulder end, peel off the fat cap extending over the rib bones while keeping the fat covering the rib eye in place. If needed, be sure to remove any featherbones and thin yellow elastin strip, taking caution not to damage the rib eye meat.



Cut across rib bones on the fat side at desired point for frenching. (This can range from 1.5 inches from bone ends to just above the rib eye meat.) Also cut down between each rib bone.



Make same cut across the inside of rib bones making sure to cut between each rib bone.



Run tip of knife along the center of each rib bone peeling away the layer of membrane to each side.



Push the meat away from the rib bones with your thumb and finger.



Scrape away any fine pieces of meat or fat from rib bones with knife tip and back edge.



A frenched rack of American Lamb with single and double rib chops.

Note: Rib bones may also be frenched using butcher's twine. Simply cut in between each bone and loop the butcher's twine around the bone near the base. Pull hard so the twine runs along the rib bone and removes any excess rib meat.