

Korean Barbecued Rack of Lamb

Oscar · 29/09/2024



Prep Time

8 hrs 10 mins

Difficult

Medium

Servings

8 hrs 50 mins

Description

This Korean rack of lamb recipe shows how lambs subtly sweet gaminess works perfectly with the funky goodness of gochujang chile paste. The salt and sugar content of the simple marinade acts as a brine for the lamb, producing a juicy interior when soaked overnight. In the final stage, the marinade is reduced, doubling as a sauce. I love using the rack for this since it's more tender, easier to work with than the leg, and a little more userfriendly than chops.

Ingredients

- - ¼ cup minced green onions
- white and light green parts only - ¼ cup soy sauce - 3 tablespoons rice vinegar - 6 cloves garlic
- crushed - 2 tablespoons gochujang (Korean hot pepper paste) - 1 ½ tablespoons brown sugar - 1 tablespoon sesame oil - 1 teaspoon kosher salt
- plus more to taste - 2 (1 pound) racks of lamb
- trimmed of any excess fat

Instructions

1. Combine green onions
2. soy sauce
3. rice vinegar
4. garlic
5. gochujang
6. brown sugar
7. sesame oil
8. and 1 teaspoon kosher salt in a medium bowl; whisk until marinade is well combined. Cut a slash about 1 1/2 inches deep between each lamb rack's rib bone
9. stopping above the loin. Transfer racks to a large resealable plastic bag. Place the bag in a large bowl; pour marinade into the bag. Seal the bag and massage marinade onto lamb. Allow to marinate in the refrigerator for 8 hours to overnight
10. turning once or twice. Preheat an outdoor grill to 350 degrees F (175 degrees C). Remove lamb racks to a plate and return marinade to the refrigerator. Use paper towels to blot off excess moisture from the fatty side of lamb. Season the top with kosher salt. Cook lamb racks
11. fat-side down
12. on the preheated grill until browned
13. 7 to 8 minutes. Flip and continue cooking until an instant-read thermometer inserted into the meat reads 125 degrees F (52 degrees C)
14. 12 to 15 minutes more. Transfer lamb to a platter and let rest for 10 minutes. Pour reserved marinade into a small saucepan over medium-high heat and bring to a boil. Cook until reduced to a glaze
15. 1 to 2 minutes. Brush glaze over lamb
16. then cut each rack between the bones to serve. Chef's Notes: You should find gochujang at any grocery store where the cool kids shop
17. but if not
18. it's available online. Once reduced
19. the ingredient amounts above will only allow for a few tablespoons of sauce. If you want more
20. double the amounts
21. and save half to add to your reduction.