

# Mustard and Herb Rubbed Rack

## Ingredients

- 1 rack of goat
- 3 tsp yellow mustard
- 1/3 cup unsweetened shredded coconut
- 1/3 cup ground pecans
- 1 tsp herbs de Provence
- 1/2 tsp salt
- 1/4 tsp pepper



## Method

1. Preheat the oven to 375 degrees.
2. Rub the mustard over both sides of the rack. On a plate or shallow dish, combine the coconut, pecans, herbs de Provence, salt and pepper.
3. Lay the mustard coated rack on the mixture and turn over to coat the other side. Press the topping gently to make as much stick as possible.
4. Put the rack on a roasting pan or in a cast iron skillet with the fatty side of the meat facing up. Roast until internal temperature reaches 145-155 degrees, 20-50 minutes, depending on the size of the rack.
5. Once the meat is done, let it rest on a cutting board for 10 minutes before slicing the rack between the bones.