



Rustic Kitchen

BISTRO & BAR



LUSCIOUS LAMB & ART OF THE ARTICHOKE

This recipe was created exclusively by Executive Chef Tom Holloway and is frequently served at Rustic Kitchen.

INGREDIENTS FOR ROASTED RACK OF LAMB

1 rack of New Zealand Lamb – Frenched (about 8 chops or 1 1/2 pounds?)
3 tablespoons Dijon mustard
3 tablespoons fresh chopped Rosemary
3 tablespoons fresh chopped Thyme
Extra Virgin Olive Oil for searing
Salt & Pepper to season

PREPARATION

PREHEAT oven to 350•

SEASON Frenched rack of lamb with freshly ground salt & pepper (allow lamb to come to room temperature before cooking so meat cooks evenly)

HEAT olive oil in sauté pan at medium to high heat

BROWN/SEAR lamb on all sides and remove from heat– (should hear a sizzle sound when lamb is added to sauté pan – allow for CAMELIZATION to seal in the natural juices)

With a pastry brush, generously BRUSH one side of lamb with Dijon mustard (rack placed bone side down) and then SPRINKLE with Rosemary and Thyme and gently press herbs into mustard and lamb

ROAST lamb for approximately 10 minutes for medium rare – (use hand demo to determine meat temp by feeling firmness/tenderness of cooked lamb)

Allow lamb to REST for at least 10 minutes before slicing into individual chops so that the natural juices flow back throughout the lamb evenly (this prevents lamb from tasting dry or overcooked)

SLICE rack of lamb directly along edge of bone – cut lamb chops should have 2 bones each

*NOTE: rack of lamb = lamb rib roast = lamb rack roast Notes: This elegant roast includes eight ribs, and it's big enough to serve three. If the meat at the tips is cut away to expose the bones, it's called a French rack = Frenched rack. Make sure the butcher cracks the chine (backbone) between the ribs, so that the roast is easy to carve when you take it out of the oven. You can make a double French rack by leaning two French racks against each other, bone tips interlaced. You can also tie two or three French racks together, bone tips up, to form a crown roast of lamb for an elegant meal. Substitutes: leg of lamb OR pork loin roast (two of these can be made into a crown roast of pork)

INGREDIENTS FOR RED WINE REDUCTION SAUCE

1/2 cup or 1-2 diced shallots
2 cups red wine (Chianti)
1 teaspoon black peppercorns
2-3 bay leaves
1 handful fresh sprigs of Thyme
2 cups veal stock





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PREPARATION

At medium-high heat in same sauté pan used to sear rack of lamb, ADD shallots and CARAMELIZE while stirring and beginning to scrape up browned bits of lamb
DEGLAZE pan with 2 cups of red wine and REDUCE by half
TRANSFER reduced red wine sauce to REDUCTION PAN (to reduce liquid more evenly)
At medium-high heat ADD 2 cups veal stock, peppercorns, sprigs of Thyme and bay leaves
REDUCE sauce till Viscosity of Napé – thickness of sauce coats back of spoon
Into a serving bowl STRAIN solids from sauce using a small Chinois or strainer and discard solids
MOUNT with butter – add and gently mix in chunks of butter to increase viscosity/thickness and smooth finish of sauce (talk about difference between Velouté made with a roux and a reductions sauce)

NOTE on Sauce: A thickened liquid that is flavored or seasoned to enhance the flavor of the food that it is to accompany. The sauce can be sweet, sour, spicy, or savory and may be added to the food to become part of a main dish or used as an accompaniment to the food being prepared. Sauces add a variety of features to foods, such as complimenting or enhancing flavors, succulence, attractive appearance, and additional texture. Initially perfected by the French, all sauces are now universally categorized into one of 5 groups of sauces serving as a base or foundation for others sauces and referred to as the Grand or Mother Sauces. This group of sauces must be able to prepared in large batches for use as a foundation for making smaller versions that are seasoned and flavored separately, but all using one of the 5 Grand Sauces as their base. The Grand Sauces include:

- 1) Brown (demi-glace) or Espagnole - sauces that are brown stock-based, such as brown sauces. Common sauces in this group include Bordelaise, Chasseur, Chateaubriand, Diable, Diane, Estragon, Lyonnaise, Madère, Madeira, Moscovite, Mushroom, Piquante, Porto, Robert, Romaine, Tarragon, and Zingara.
- 2) Velouté - sauces that are made with white stock and roux. Common sauces in this group include, Allemande, Ravigote, Suprême, and White Bordelaise.
- 3) Béchamel - sauces that are made with milk and pale roux. Common sauces in this group include Crème, Mornay and Soubise.
- 4) Red or Tomato Sauces - tomato based sauces. Common sauces in this category include spaghetti sauce, marinara and a wide variety of tomato sauces.
- 5) Emulsions - sauces that are emulsified such as hollandaise or mayonnaise.

INGREDIENTS FOR BRAISED ARTICHOKE & VEGETABLE MEDLEY

2 cups braised and halved baby artichokes
1/4 cup diced pancetta
1/2 cup diced red onion
1/2 cup diced zucchini
1/2 cup diced yellow squash
1 cup blanched fresh fava beans
Olive oil

PREPARATION

Drizzle olive oil into sauté pan at medium to high heat
ADD pancetta to pan and BROWN while RENDERING fat
ADD red onion and SWEAT
ADD zucchini and squash and SAUTÉ till just tender but still crisp
ADD fava beans and braised artichokes
Continue to SAUTÉ vegetable medley for approximately 5 minutes more or until veggies are heated through and just tender