



Lamb Rack, Confit Shoulder Bon Bon and Puy Lentils

Ingredient	Measurement	Weight
Lamb rack	Rack	1
Pistachio	Tbsp.	2
Basil in oil	Tbsp.	1
Panko breadcrumbs	Tbsp.	1
Sous-vide Confit Lamb shoulder	Piece	1
Mash potato	G	30
Rosemary	Sprig	1
Parsley	G	30
Thyme	Sprig	1
Roquito® pearls	Pearls	3
Puy lentils	G	80
Shallots	G	30
Char-roast garlic	G	10
Diced Roquito®	G	10
Celery	G	10
Leeks	G	10
Thyme	Sprig	1
Lemon	Piece	1
Stock	ml	325
Cauliflower	G	500
Double cream	ml	225
Chicken stock	ml	225
Thyme	Sprig	1
Lamb bones	kg	1
Red wine	Lt	1
Carrots	Piece	4
Red onion	Piece	2
Leek	Each	1

Celery	Each	1
Parsley	g	30
Bay leaf	Each	2
Rosemary	Sprigs	2
Peppercorns	Tbsp	2
Garlic cloves	Each	6

Method

For the Lamb Rack

- Preheat the oven to 180C/350F/Gas 4.
- For the lamb, season the lamb with salt and freshly ground black pepper. Heat a dry ovenproof frying pan then add the lamb rack, skin-side down. Sear the meat on all sides then transfer to the oven to cook for 8-10 minutes.
- Meanwhile, place the breadcrumbs, pistachio, basil and oil into a food processor and pulse until smooth.
- Remove the lamb from the oven and press the crust mixture onto the outside of the rack. Return to the oven for 3-5 minutes, or until the crust is golden-brown and the lamb is cooked to your liking.
- Cut the rack into individual rib pieces for plating.

Confit Shoulder Bon Bon

- Take the sous-vide lamb shoulder and take out of packaging put in a conventional oven at 200 degrees for 20 minutes. Cool slightly and then shred. Add the mash potato and herbs and form into
- 30g balls. Chill the balls and then pané. To re-heat they will take 4 minutes in a deep fryer at 180°C.

For the Cauliflower Puree

- Add cauliflower, cream and/or stock, and thyme. Cover, bring to a simmer, and cook, adjusting heat to maintain simmer, until cauliflower is tender, 5 to 6 minutes. Uncover and continue to simmer, stirring occasionally, until liquid is reduced by about three-quarters, about 20 minutes. Discard thyme sprig.
- Using a blender or immersion blender, blend cauliflower and liquid to form a very smooth purée. Season with salt. (You can adjust purée consistency as needed: Thicken by cooking down further while stirring often over low heat in a wide nonstick skillet, or thin by whisking in liquid, such as stock, cream, or water).

For the Lentils

- Heat 1 tbsp of the olive oil in a saucepan, add the onion, celery, leeks and Roquito®, and cook gently for 2 minutes. Stir in the lentils. Add the vegetable stock, thyme and bay leaf and bring to the boil. Lower the heat and simmer for about 20 minutes or until the lentils are tender. If at the end of this time the lentils have not absorbed all the stock, drain them (you can use the excess stock to make a soup).

For the Jus

- Peel and cut the vegetables. Add them with the bone to a large stock pot and fry them with some oil. They have to get almost burned to develop the right aroma.
- Add the spices and some water. The ingredients should be covered with liquid. Boil at medium heat.
- When the liquid has reduced to a quarter add a third of the wine. Reduce again to a quarter of the liquid.
- Repeat the last step until the wine is used up.
- Drain the liquid through a fine colander. Reduce the liquid again, just a bit.

To Finish

Spread the cauliflower puree onto the plate with the back of a spoon, then place the lentil mix in three piles around the plate, carefully not getting any in the cauliflower puree. Next place 2 ribs of lamb in the centre of the plate, using the lentils as a rest, then place the bon bons around the edge of the plate. Using the puree to keep them in place garnish the plate with the Roquito® pearls and any roasted veg you desire. The jus can be served either on the side or drizzled over the lamb.