

# Lamb Rack, Confit Shoulder Bon Bon & Puy Lentils

## YOU WILL NEED

- 1 lamb rack
- 2 tbsp pistachio (NUT030)
- 1 tbsp basil in oil (OIL090)
- 1 tbsp panko breadcrumbs
  
- 1 sous-vide confit lamb shoulder (MEA640)
- 30g mash potato
- 1 sprig rosemary
- 30g parsley
- 1 sprig thyme
  
- 80g Merchant Gourmet puy lentils (LEN128)
- 30g shallots
- 10g char-roast garlic
- 10g diced Roquito® (PEP129)
- 10g celery
- 10g leeks
- 1 piece of lemon
- 325ml stock
- 1 sprig thyme



SERVES 2

APPROX 1HR 30

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## YOU WILL NEED

500g cauliflower

225ml double cream

225ml chicken stock

1 sprig thyme

1kg lamb bones

1 litre red wine

4 pieces carrot

2 pieces red onion

1 leek

1 celery

30g parsley

2 bay leaf

2 sprigs rosemary

2 tbsp peppercorns (SPI027)

6 garlic cloves

3 Roquito® pearls (PEP164)

salt & pepper for seasoning



SERVES 2

APPROX

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# Lamb Rack, Confit Shoulder Bon Bon & Puy Lentils

## PROCEDURE

### **For the lamb rack:**

Preheat the oven to 180C/350F/Gas 4

Season the lamb with salt and freshly ground black pepper. Heat an 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

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.

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## PROCEDURE

### **For the Confit Shoulder Bon Bon:**

Take the sous-vide lamb shoulder out of packaging put in a conventional oven at 200°C 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 to a saucepan. 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 3/4, 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.

# Lamb Rack, Confit Shoulder Bon Bon & Puy Lentils

## PROCEDURE

### **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.

### **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.

Use the excess stock to  
make a soup.

Repeat the last step until the wine is used up. Drain the liquid through a fine colander. Reduce the liquid again, just a bit.

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## PROCEDURE

### **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.



Use the excess stock to  
make a soup!

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