

From the
Left Bank
kitchen

BRAISED RACK OF LAMB with MINI COUSCOUS

Try this savory rack of lamb dish, perfect for impressing any dinner guest!

INGREDIENTS:

- 4 bone-in rack of lamb, French
- Salt and pepper
- 1/2 tbsp curry powder
- 1/2 tbsp cumin powder
- 1/2 tsp coriander powder
- 1 tbsp oil
- 1 onion, sliced
- 2 carrots sliced
- 2 celery ribs, sliced
- 2 shallots peeled
- 5 garlic cloves
- 5 sprigs fresh thyme
- 2 sprigs rosemary
- fresh bay leaves
- 3 tbsp Tomato paste
- 1 cup red wine
- 5 cups veal stock
- 1 tsp minced shallot
- 1/2 tsp minced garlic
- 1/4 cup mini couscous
- 1/4 cup hot chicken stock
- 4 oz unsalted butter
- 1/2 oz pistachios
- 1/2 oz dried currants
- 4 oz butter
- 2 oz rainbow chard
- 2 oz braising liquid reduction
- Pinch chopped chives
- Sprig of mint

DIRECTIONS:

BRAISED RACK OF LAMB:

1. Season lamb rack with salt, pepper, and spices.
2. Add canola oil to small braising pot over medium high heat. Sear lamb on all sides until deep brown.
3. Add in aromatics such as onions, garlic, carrots, celery, shallots, and fresh herbs. Return lamb to the pot.
4. Add wine and veal stock to raise liquid half way up the roast. Bring to simmer.
5. Pre heat convection oven to 325 degrees. Cover pot and place in the oven. Braise (simmer gently) for 45 minutes.
6. Remove lamb and vegetables from braising liquid. Return pot to the stovetop and slowly simmer until the sauce naturally thickens, and the sauce sticks to the back of a tasting spoon.

MINI COUSCOUS:

1. Place mini couscous in a small 9" pan with currants, pistachios, and butter.
2. Bring chicken stock to a boil, pour on top of couscous, and cover for 10 minutes. Adjust with salt and pepper to taste.
3. In a medium sauté pan add butter. Sweat minced garlic and shallots and cook until translucent, then add rainbow chard. Cook for 2 minutes and adjust salt and pepper to taste.

WHEN READY TO SERVE:

1. Heat up braised lamb rack in a small pot, simmering over medium for 7 minutes.
2. In a sauté pan over medium heat, add couscous mix with butter and add rainbow chard. Cook for 3 minutes or until hot.
3. In the center of a bowl, place couscous mix, followed by chard and lamb rack. Drizzle some braising liquid sauce right on top of the lamb and garnish with chopped chives and sprig of mint.