LEVEL

1

ROAST RACK OF LAMB WITH A GARLIC-PARSLEY CRUST AND SPRING VEGETABLES

Carré d'agneau du Quercy rôti en persillade et petits légumes

Serves 6

Active time

1 hour
20 minutes

Cooking time

1 hour

Resting time

15 minutes

Equipment

Food processor

Instant-read thermometer

Rack set over a rimmed baking sheet

Small melon baller

Ingredients

Garlic-parsley breadcrumbs

1 clove garlic

2¾ oz. (80 g) day-old white bread, crust removed

2 sprigs parsley

Roast lamb

Grape-seed oil

2 racks of lamb with 6–7 ribs each, French trimmed (see technique p. 286), bones reserved for the jus

Spring vegetables

12 spring carrots with their tops

3 turnips

5 tbsp (3 oz./80 g) unsalted butter

Sugar

10½ oz. (300 g) thin green beans

10½ oz. (300 g) fava (broad) beans in their pods

Fine sea salt

Stuffed tomatoes

6 cherry tomatoes

Garlic-parsley breadcrumbs (see left)

Fine sea salt and freshly ground pepper

To serve

3 cups (750 ml) lamb jus (see technique p. 50), made with the rack trimmings

Herbes de Provence

Unsalted butter, melted

PREPARING THE GARLIC-PARSLEY BREADCRUMBS

Peel the garlic clove and place it in the food processor with the bread and parsley. Pulse just until finely ground into a powder, but not a paste.

ROASTING THE LAMB

Preheat the oven to 340°F (170°C/Gas Mark 3). Heat a little grape-seed oil in an oven-safe skillet until shimmering, then add 1 rack of lamb at a time and cook over medium-high heat for about 6 minutes, until well browned on both sides but still quite pink in the center (1). Roast in the oven for about 10 minutes, until the internal temperature reaches 126°F (52°C). Transfer to the rack set over a rimmed baking sheet and let rest for about 15 minutes.

PREPARING THE SPRING VEGETABLES

Peel and trim the carrots. Peel the turnips and cut them into batons roughly the same width as the carrots. Place the turnips and carrots in a single layer in a sauté pan and cover them halfway with water (work in batches if necessary). Add the butter and sprinkle with a little sugar and salt. Cover with a piece of parchment paper cut to fit snugly inside the pan and cook over low heat until just tender (2). Trim the green beans and shell the fava beans, then cook them together in boiling, salted water until just tender. Drain, then peel the skins off the fava beans.

PREPARING THE STUFFED TOMATOES

Preheat the oven to 340°F (170°C/Gas Mark 3). Cut the tops off the tomatoes and scoop out just the seeds using the melon baller. Season with salt and pepper and top with garlic-parsley breadcrumbs, reserving enough to generously coat the racks of lamb. Bake for 10 minutes, or until lightly golden.

TO SERVE

Preheat the broiler. Warm the lamb jus and season it with herbes de Provence. If necessary, reheat the vegetables in a skillet with a little olive oil. Brush the racks of lamb with melted butter (3), then generously coat them with garlic-parsley breadcrumbs. Gently press to make the breadcrumbs stick (4). Place under the broiler until the breadcrumbs are lightly browned. Arrange the vegetables on 2 serving platters, alternating the colors. Place the racks of lamb on top and drizzle a little lamb jus over them. Serve 2 ribs per person with a serving of vegetables and a little more jus.



1



2



3



4

French Trimming a Rack of Lamb

Ingredients
Rack of lamb, well chilled

Equipment
Boning knife
Butcher's saw



1 • Using the boning knife, remove the fell (the tough, papery membrane covering the fat). It will be easier to remove if the lamb is cold.



2 • Cut a slit in the rack from end to end halfway up the ribs, then cut in between the bones up to the slit. Scrape the ribs with the knife to detach the meat.



3 • Scrape the surface of each rib to remove the fell, so the bones are clean.



4 • Using a clean cloth, remove the lamb meat from between the bones with a twisting motion.



5 • Save the trimmings to make a stock or meat jus.



6 • Cut along the backbone to detach it from the meat.



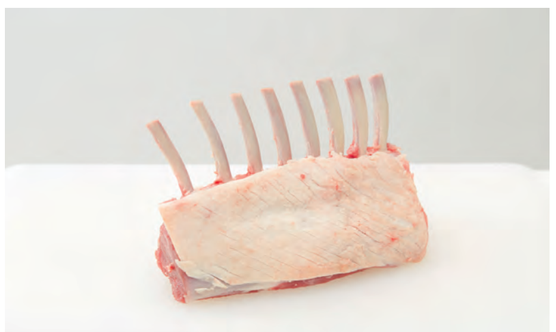
7 • Cut off the backbone using the butcher's saw.



8 • Trim the excess fat and cut off the large tendon so the rack will hold its shape when cooked.



9 • Score the fat diagonally to prevent the meat from drying out during cooking.



10 • The rack is French trimmed and ready to be cooked.

Veal Jus

Makes 3 cups (750 ml)

Ingredients
7 tbsp (3½ oz./100 g) unsalted butter
Coarsely ground black pepper
1 lb. 2 oz. (500 g) veal breast (*tendrons*) or brisket (*poitrine*), cut into pieces
3½ oz. (100 g) peeled, chopped shallots
3½ oz. (100 g) peeled, chopped carrots
1¾ oz. (50 g) peeled, chopped onion
1¾ oz. (50 g) chopped celery
Scant ½ cup (100 ml) red or port wine
4 cups (1 L) light brown veal stock (see technique p. 28) or water
Thyme sprigs or a bouquet garni (see technique p. 442)
Salt as needed

Equipment
Cast-iron Dutch oven
Pastry brush
Sieve
Large skillet
Chinois lined with muslin
Tongs (optional)



1 • Assemble the ingredients.



2 • Melt the butter in the Dutch oven until foaming. Add a little pepper and toast for a few seconds.



3 • Add the veal.



4 • Brown the veal all over, stirring occasionally.



5 • Add the shallots, carrots, onion, and celery, and cook until softened.



6 • Brush down the sides of the Dutch oven with a damp pastry brush to clean them.



7 • Add the wine, the stock or water, and the thyme or bouquet garni. Bring to a boil. Season with salt if using water. Simmer for at least 45 minutes.



8 • Regularly skim off any foam from the surface.



9 • Strain the jus through the sieve into the skillet.



10 • Tap the side of the sieve to release as much jus as possible.



11 • Reduce the jus until thickened, regularly skimming off any foam from the surface.



12 • Set the muslin-lined chinois over a small bowl and strain the reduced jus.



13 • Press down on the muslin to extract as much jus as possible.



14 • The veal jus is ready to use.

CHEFS' NOTES

• Once cooked, the meat can be used in other recipes. It can be boned and shredded to fill small cocktail-party bites, for instance, or used in a terrine and served with assorted pickles.

• Lamb jus is made by replacing the veal with lamb bones and lamb breast meat.

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