



SPRING LAMB WITH PEAS AND CARROTS

RACK OF LAMB

INGREDIENTS

1ea rack of lamb
2tbsp butter
3sprigs thyme
1/8tsp toasted coriander, crushed
1/8tsp toasted fennel seed, crushed
Salt and Pepper to taste

DIRECTIONS

- Vacuum seal the ingredients.
- Cook Sous Vide at 130 degrees for two hours. (This temperature will yield a medium rare rack, increase temperature by 5 degrees for medium.)
- When ready to serve, remove the lamb from the sous vide bag. Sear on high on all sides then allow the lamb to rest for 5 minutes.
- Brush with whole grain mustard and coat with herbed bread crumbs(recipe above) Serve with pea cream, fresh snap peas, roasted carrot, and shaved chiles.



PEA CREAM

INGREDIENTS

2c english pea, freshly shelled

4oz bacon, chopped

1ea large shallot, peeled and sliced

1ea garlic clove, thinly sliced

2c heavy cream

1sprig mint

Salt to taste

DIRECTIONS

- In a heavy bottom saucepan render the bacon, stirring occasionally. When fully cooked add the shallot and garlic, sautee for 3 minutes.
- Add the cream, bring the mixture to a boil.
- Add the peas and season with salt.
- Bring the mixture back to a simmer for 45 seconds.
- Transfer the pea cream to a blender and puree on high until very smooth.
- Pass the pea cream through a fine strainer.
- Adjust season to taste. Add the whole mint sprigs.
- Allow the mixture to sit for 30 minutes. Remove the mint.

HERBED BREAD CRUMB

INGREDIENTS

4tsbp butter

1 1/2c panko bread crumb

1bu chives, finely chopped

4tsbp parsley, chopped

1ea garlic, minced

Salt and pepper to taste

DIRECTIONS

- Melt the butter in a large sauté pan over medium heat.
- Toast the bread crumb in the butter until golden brown stirring constantly.
- Add the garlic and herbs. Continue cooking for 1 minute.
- Season to taste. Store the toasted bread crumb on a paper towel in a cool, dry place to be used with the lamb.