



Featured Recipe

From: Feature Story
Olympic Restaurant

Rack of Lamb en Croute

Rack of Lamb coated with a mushroom duxelle, wrapped in puff pastry and baked until golden
Category: Entree

Ingredients:

Lamb Racks (get it frenched by the Butcher, 6 bones – fat and sinew removed) 1 piece
Puff Pastry (rolled 2-3 mm thickness, large enough to cover rack of lamb) 17.8 ounces

SAVORY PANCAKES: 2 large pieces
Eggs 6 each
Flour 3 1/2 ounces
Whole Wheat Flour 1.75 ounce
Milk 7.87 fluid ounces
Water 8 3/4 fluid ounces
Fresh Mixed Herbs
Salt & Pepper as needed

FOR THE DUXELLE:
Mushrooms, chopped 1/2 lb
Shallots, chopped 2 pieces
Olive Oil 1 fluid ounce
Garlic, crushed 1 clove
Parsley, chopped 1/4 bunch

LAMB SAUCE (SEE RECIPE BELLOW)

CHICKEN MOUSSE:
Chicken Meat (pureed, passed through a fine sieve) 8 ounces
Egg White 2 pieces
Heavy Cream 1/4 fluid ounce
Salt & Pepper as hended
Cayenne as needed



Preparation:

SAVORY PANCAKES:

Beat the eggs firmly and slowly mix all other ingredients into it, pass thru a fine strainer and let it rest for at least 1 hour.

LAMB SAUCE:

Prepare lamb sauce as per the recipe below.

DUXELLE:

For the duxelle, heat the olive oil in a suitable pan, sweat off the shallot until soft, then add the garlic and chopped mushrooms.

Cook over high heat, stirring often until the juice from the mushrooms has evaporated and the mushroom is dry. Season with salt and pepper, add the chopped parsley and allow to cool.

CHICKEN MOUSSE:

For the chicken mousse, mix the egg whites with the passed chicken meat really well over ice. Add the double cream little by little, season with salt, pepper and cayenne. Poach a little of the mousse in water to check the consistency and seasoning, adjust if necessary.

PROCEDURE:

Mix the mushroom duxelle with the chicken mousse. For the best end, heat a suitable pan, add clarified butter and seal the lamb well, over medium to high heat. Remove from the pan, place on a wire rack and cool.

Take the piece of puff pastry large enough to cover the best end of lamb. Brush the pastry lightly with eggwash. Trim the pancake and place on the pastry. Spoon some duxelle onto the crepe and spread slightly. Place the sealed rack on top of the duxelle with the bones upwards.

Place some more duxelle on top of the rack and spread. Roll the pastry over the lamb. Cut in-between the bones and bring the pastry up between them, seal with a little eggwash.

Eggwash the end and bring the pastry up, trimming where necessary to prevent the pastry from becoming too thick where it overlaps, then chill. Eggwash the lamb and mark for presentation.

Place on a greased tray and cook in a pre-heated oven at 190°C for 15-20 minutes depending on the ordered cuisson.

To finish the sauce, bring to the boil, add fresh butter a little at a time, check seasoning, pass into a saucer, and add a little julienne of basil.

Place the lamb on a presentation tray with pomme fondant. Garnish with vegetable rose and watercress, brush with clarified butter and serve with the sauce and vegetables on the side.

The lamb is then carved and plated in the restaurant by the waiter.

Lamb Sauce (For Rack Of Lamb En Croute)

Ingredients:

1ST REDUCTION...

Lamb Stock:

Lamb Knee Bones	3 pounds
Fresh Tomatoes	7 ounces
Carrots	5 ounces
Leeks	5 ounces
Onions	5 ounces
Bouquet Garni	1 each
Tomato Puree	4 ounces
Water	3 quarts (approximately)

2ND REDUCTION... (Approximately 2 cups)

Lamb Stock	1 quart
Carrots, chopped	2 ounces
Celery, chopped	3 ounces
Onions, chopped	3 ounces
Leeks, chopped	3 ounces
White Wine	4 ounces
Fresh Tomatoes, chopped	3-4 ounces
Thyme & Rosemary	as needed
Lamb Trimmings	

Preparation:

Use only lamb knee bones from the butcher, do not accept any other bones!

Roast the bones in the oven until golden brown

Roast the vegetable in the tilting pan until good color

Separate the bones from the fat and put them together with the vegetables

Add some tomato puree and roast for about 7 minutes, then add water and bouquet garni

Do not add any wine!

Do not add any flour or cornstarch

Cook at least 24 hours, remove the bones from the stock

Make next day a second reduction with some roasted vegetables and white wine, thyme, rosemary, lamb trimmings and the lamb stock

Reduce until 3/4 and pass thru a fine strainer

Season the stock with salt and pepper

REMEMBER... NEVER USE ANY FLOUR OR CORNSTARCH!!

