

LAMB SHANK IN HERB CRUST, SPRINGTIME VEGETABLES ? EASTER

Ingredients (For 4 people)

- Meat:
- 4 rack of lambs (with 3 chops)
- 60 g breadcrumbs
- 60 g fresh chopped aromatic herbs (chives, parsley, thyme, tarragon)
- 50 g olive oil
- 1 clove of garlic
- 1 shallot
- 1 tbsp mustard
- 2 dl lamb juice
- 2 dl white wine
- 1 thyme branch
- 1 branch of rosemary
- 40 g butter
- Salt, freshly ground pepper
- Vegetables:
- 100 g shelled fresh peas
- 100 g fine green beans
- 100 g green asparagus
- 100 g whole mini carrots
- 100 g de mini turnips
- 350 g Ratte potatoes
- 20 g butter
- 2 tbsp olive oil

Preparation:

Preheat the oven to 180°C.

Place the shallot, garlic, mustard and oil in an electric chopper. Blend once, then add the breadcrumbs, aromatic herbs, salt and pepper. Blend again to obtain a homogeneous mixture.

Season the lamb racks with salt and pepper and sear them for 3 minutes on each side in an oiled frying pan. Arrange the racks of lamb in a baking dish and coat the backs with the bread crumb mixture. Place the racks of lamb in the oven and bake them for 12 minutes. Allow to stand outside the oven, covered with a sheet of aluminium foil, for 10 minutes.

Pour off the fat and deglaze the pan with the lamb juice and the white wine, and bring to a boil with the thyme and rosemary branches. Reduce by half, remove the aromatic herbs and whisk with butter. Season. Reserve, keeping warm.

Wash and trim all the vegetables. Bring the salted water to a boil, blanch the vegetables for a few minutes, and then immerse them in iced water. Drain.

Cut each potato in half. In an oiled frying pan, sauté the potatoes for 20 minutes. Reserve, keeping warm.

In a frying pan, sauté the blanched vegetables for a few minutes in butter and season with fleur de sel.

Arrange the rack of lamb with the sautéed potatoes and springtime vegetables. Serve the sauce separately.

