



Olive Oil-Poached Rack of Lamb with Harissa Ratatouille

Pair with our Lytton Springs

Serves 4-6

Rack of Lamb

Ingredients:

8 cups olive oil
4 sprigs fresh rosemary
2 shallots, halved
2 bay leaves, preferably fresh
1 head of garlic, halved
2 racks of lamb (1 1/2 pounds each), trimmed at room temperature
Kosher salt
Freshly ground black pepper
sea salt

Method:

Bring a large pot of water to a simmer over medium-low heat. Pour the oil into a large metal bowl just large enough to sit over the simmering water without letting the bottom touch. Add the lamb to make sure the oil level is high enough to cover the meat. Then, using tongs, remove the meat and add the rosemary, shallots, bay leaves and garlic to the oil. Gently heat the oil to 135 degrees on a frying thermometer. Make sure the oil hovers between 135 and 140 degrees, as this will ensure that the meat is cooked to medium-rare. Season the lamb heavily with kosher salt and pepper, and

completely submerge the meat in the warm oil. The temperature of the fat will drop. Using the tongs to rotate the meat occasionally, poach for an hour or more. As long as the temperature of the oil stays below 140 degrees, the meat won't overcook. Check the temperature of the meat often to make sure it remains constant.

When ready to serve, use the tongs to remove the lamb from the pan, allowing the excess oil to drip off. Season it well with kosher salt and pepper. Place a large sauté pan over medium-high heat and, when hot, coat with 2 tablespoons of the oil. Add the lamb and sear both sides until well browned. (At this point the meat is already cooked through from the poaching; you just want a slight crust on the outside.)

Transfer the lamb to a cutting board and let rest for at least 10 minutes. Carve into chops, season lightly with sea salt and serve.

Harissa Ratatouille

Ingredients:

2 tablespoons Harissa
1 red onion, sliced
2 tablespoons chopped garlic
1 red bell pepper, diced
1 yellow bell pepper, diced
2 zucchini, diced
1 eggplant, diced
1 basket cherry tomatoes
12 leaves of basil, chopped

Method:

Set a large sauté pan over medium high heat. Add 1/4 cup of olive oil. Add the next four ingredients. Cook for about ten minutes. Add the remaining ingredients, and cook for another 10 minutes. Add chopped basil and season with kosher salt and fresh cracked pepper.