

ROASTED RACK OF LAMB “EN PERSILLADE” WITH YOUNG ARTICHOKES “BARIGOULE”

Serves 4-6

For the Roasted Rack of Lamb en Persillade:

2 each Frenched racks of lamb (about 2 pounds each)

Dijon mustard

Kosher salt

Grapeseed oil

8 ounces (230g) White bread (such as pain de mie sourdough bread), crusts removed, cut into 1” pieces, slightly dried

2 ounces (60g) Italian parsley leaves, finely chopped (if the parsley is wet, lay on a paper towel to dry)

14g (about 4 large) Garlic cloves, very finely minced

2 tablespoons (8g) Thyme leaves, minced

2 teaspoons (7g) Kosher salt

1 tablespoon + 1 teaspoon (20g total) Dijon mustard

2 tablespoons (30g) Softened butter

Coarse finishing salt such as Sel Gris

Young Artichokes Barigoule (see following recipe)

For the Young Artichokes Barigoule:

2 pounds (1 kilo) Baby artichokes

2 each Lemons

1/4 cup (50g) Olive oil

4 ounces (115g) Shallots, sliced about 1/8” thick

5 ounces (150g / about 3 each) Carrots, peeled, sliced about 1/8” thick

1 ounce (28g / about 7 each) Garlic cloves, finely minced

1 each bay leaf, snapped in half

2 cups (454g) White wine (recommend Sauvignon Blanc)

2 cups (454g) Chicken stock

2 tablespoons (20g) Kosher salt

Minced parsley

ROASTED RACK OF LAMB “EN PERSILLADE” WITH YOUNG ARTICHOKES “BARIGOULE”

For the Roasted Rack of Lamb en Persillade:

1. Set the oven rack to the center of the oven and preheat it to 350°F.
2. Remove the lamb racks from the packaging and pat dry with paper towels.
3. Lightly score the fat in a crosshatch pattern about 1/2 inch apart and about 1/8 inch deep.
4. Season the lamb racks on all surfaces liberally with kosher salt.
5. Wrap the bones in aluminum foil.
6. Heat a large sautee pan over medium high heat.
7. Add enough grapeseed oil to cover the bottom by about 1/8 inch.
8. When the oil begins to ripple and you see faint wisps of smoke, add a rack to the pan, fat side down. Sear the fat until it is golden brown then continue to brown the meat surfaces. Repeat with the remaining rack.
9. Remove the lamb from the pan and return to a sheet pan, preferably lined with a wire rack and allow to cool at room temperature while you prepare the herb crust.
10. Place the bread in a food processor and blend until it is reduced to fine crumbs.
11. Add the parsley, garlic, thyme, and salt to the breadcrumbs.
12. Blend the herbs with the crumbs until the mixture becomes bright green.
13. Add the softened butter and half of the Dijon mustard. Blend until all is incorporated.
14. Check the consistency of the mixture by squeezing some of it in your palm. The mixture should compress together and hold its shape, but not be wet. If it is still dry, add more mustard.
15. Apply about a tablespoon of Dijon mustard spread out evenly to the fat caps of the racks. Take care not to get mustard on the bones.
16. Evenly distribute the bread crumb mixture over the fat caps. Gently press the crumbs to form a neat, uniform layer. Pack the crumbs just tight enough to hold together but not until it is completely compressed.
17. Place the racks in the oven and bake until you achieve an internal temperature of 127°F when measured using an instant read thermometer inserted to the center of the thickest part of the rack.
18. Allow the racks to rest at least 15 minutes in a warm area before carving.
19. To serve, carefully slice into double-boned chops, slicing between every other bone.
20. Season the meat with a sprinkling of finishing salt.
21. Serve with the Artichokes Barigoule sprinkled with minced parsley.

ROASTED RACK OF LAMB “EN PERSILLADE” WITH YOUNG ARTICHOKES “BARIGOULE”

For the Young Artichokes Barigoule:

1. Fill a small bowl with about a quart of water. Squeeze the lemon juice into the water.
2. Working one artichoke at a time, begin by snapping the dark green leaves off until you reach the tender yellow leaves. Trim off about 1/2 inch from the tips of the leaves. Use a paring knife or peeler to trim the tough layer from the base and stem. Slice the artichoke in half lengthwise and place it in the acidulated water.
3. Heat a 12 inch wide shallow pot over low heat.
4. Add the olive oil, shallots, carrots and salt.
5. Sweat the vegetables until they begin to soften, then add the garlic and sweat until fragrant.
6. Add the wine, bring to a boil and cook until the aroma of alcohol disappears.
7. Add the chicken stock and bring to a simmer.
8. Place the artichokes into the pan with the cut side down.
9. Fold a piece of parchment paper into quarters, then fold once again to form a triangle. Place the tip of the triangle over the center of the pot then use scissors to trim the outside edge to match the diameter of the pot. Snip ¼” from the tip. Unfold the parchment paper. You should now have a round piece of parchment with a small hole in the center. Place the parchment over the contents of the pot.
10. Simmer the artichokes until they are completely tender (test by piecing the artichoke with the tip of your paring knife).