

World Gourmet Summit 2003  
Culinary Masterclasses

The Cuisine of  
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*Rack of Lamb with Mushrooms and Melted Potato Garnishes*  
*Lamb Jus*



Serves 4

**Ingredients**

- 2 pcs rack of lamb (with 8 cutlets)
- 3 tbsp sunflower oil
- ½ head garlic, skin on
- 1 large shallot, cut in two pieces
- 1 large carrot, cut into rough *mirepoix*
- 1 large onion, cut into rough *mirepoix*
- 2 tbsp clarified butter, unsalted
- 12 fresh thyme, whole sprigs

**Sautéed mushrooms :**

- 500g wild mushrooms (a mix of frozen ceps, dried morels re-hydrated in water, fresh chanterelles, white mushrooms and shiitake mushroom.)
- 2 tbsp virgin olive oil
- 2 tbsp butter unsalted
- 2 large shallots
- 4 garlic cloves
- 3 tbsp parsley, finely chopped
- ½ tbsp fresh thyme, finely chopped
- ½ tbsp fresh rosemary, finely chopped
- salt and freshly ground pepper, to taste

**Melted potatoes (pommes fondants) :**

- 4 large potatoes
- salt
- 4 tbsp clarified butter, unsalted
- ½ ltr fresh chicken stock
- 2 tbsp clarified butter

**Lamb Jus :**

- ½ ltr dry white wine
- ¾ ltr brown veal stock
- 2 tbsp butter, unsalted
- 1 tbsp fresh rosemary, roughly chopped
- 1 tbsp fresh thyme, roughly chopped

## Method

**For the lamb:** Cut the rack in half and remove the outside bones. Clean the two middle bones well and trim the loin so there is no fat or sinuses remaining. Use the half rack for cooking and serving. The remaining bones and trimmings can be used during the cooking process.

In a medium *sauté* pan, heat the sunflower oil over medium-high heat. Season the racks of lamb with salt and pepper. When the oil is hot, sear the racks of lamb equally on all sides. Remove the lamb and set aside. Brown the *mirepoix* of carrots, onion, garlic and shallot with the lamb bones and trimmings in the pan, then remove from stove and add the rack of lamb on top.

Transfer the pan to an oven that has been pre-heated at 180°C. Cook for 6 – 10 minutes, depending on the size of the lamb and the length of time the lamb was seared for at the beginning. When the lamb done remove the pan from the oven, remove the lamb from the pan, and allow them to rest for around 10 minutes.

**For the mushrooms:** Clean the wild mushrooms with a brush. In a skillet or non-stick pan, heat the virgin olive oil and the butter together over medium-high heat. When the oil is very hot add the mushrooms and *sauté* until light brown (about 5 minutes).

Add the garlic to the mushrooms and *sauté* the mixture for 30 seconds. Add the shallots and *sauté* again for another 30 seconds. Add the chopped fresh herbs and *sauté* the entire mixture for a final 30 seconds. Season with salt and pepper to taste. Set aside.

**For the melted potatoes:** Cut the potatoes into ovals, approximately 6cm x 4cm. Rinse and dry them in absorbing paper or a dry tea towel. In a small *sauté* pan, melt the clarified butter over medium-high heat. When the clarified butter is very hot, place the potatoes side by side in a single layer side over the clarified butter in the pan and brown them for around 3 – 5 minutes. Turn and brown the other side, making sure both sides are evenly coloured. Season with salt, then drain the clarified butter from the pan.

Add enough chicken stock to cover the potatoes. Cover the mouth of the pan with buttered parchment paper and place in an oven which has been pre-heated at 180°C. Reduce temperature to 150°C and cook potatoes until the chicken stock is completely reduced to a syrup-like consistency. Remove the pan from the oven. Transfer the potatoes onto a rack, brush them with chicken glaze, then set aside until needed.

**For the lamb jus:** *Sauté* the *mirepoix*, lamb bones and trimmings over high heat. Strain the fat out ('*degraisser*') one or two times until no more fat is in the bottom of the pan. Deglaze the pan with white wine and reduce *jus* by half. Add the brown veal stock and again, reduce by half. Strain the lamb *jus* through a fine china cap sieve. Season to taste then monte with butter by shaking the pan until the butter has melted into the *jus*. Add the roughly chopped fresh rosemary and thyme. Taste and adjust seasoning.

## Serving

In the middle of the plate, place three tablespoons of mushrooms. Brush the back of the rack of lamb with clarified butter. Position the rack of lamb on top of the mushrooms, with the bones pointing upward. Place the potatoes behind the rack of lamb and brush with chicken. Pour the lamb *jus* around the mushrooms and rack of lamb. Garnish with three sprigs of fresh thyme.