

Rack of lamb, grass crust, glazed carrots

Recipe for 4

Description

A refined meat that will surprise us by its grass crusty dress.

Note

Always adjust the cooking time of meat according to the size of the protein, use your judgement!

Ingredients

For the lamb rack

- 4 Unit(s) Lamb rack (2 chops)
- 2 Pinch(es) Sea salt flakes
- 55 Ml Japanese breadcrumbs (panko)
- 30 Gr Butter
- 1 Tbsp Chopped parsley
- 1 Tbsp Chives
- 1 Clove(s) Crushed garlic

Glazed carrot

- 400 Gr Nantaise carrot
- 2 Tbsp Butter
- 100 Ml Water

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

For the preparation

Chop the parsley and finely chop the chives.

Peel and coarsely chop the garlic cloves.

Cut the butter into small cubes and refrigerate until just before serving.

Grate the baby carrots, trimming them to the same size if necessary.

Grass crusty

Lamb square

Season your rack, sear it in a hot pan with canola oil, and once nicely colored, place it on an oven tray.

For a 850 g piece, allow 20 min (pink), 25 min (medium).

Herb crust

Place all ingredients in a food processor and process to form a dough. Roll out the dough to 2 mm thickness between two sheets of baking paper. Place in the freezer. Once the dough has hardened, cut out pieces with a knife to cover the rack of lamb.

Finish the last two minutes of cooking with the herb crust.

Glazed carrot

Melt the butter in a frying pan and roll the baby carrots in it.

Add the sugar, continue cooking for a good minute, add the water and cover with a lid (ideally a round piece of baking paper with a chimney).

Lower the heat and let the carrots finish cooking, keeping them slightly crunchy.

Finish

Cut up the rack of lamb and place the lamb chops in criss-cross fashion on the plates. Coat some of the chops with sauce, then place a burnt shallot on top. Place the glazed carrots on one side.

Bon appétit!