



LAMB WITH PEA PESTO AND CARROTS

 Serves: 2

Ingredients

Lamb

- Rack of lamb, 2 two bone chops
- 3 cloves of garlic
- 3 tbsp preserve lemon chopped
- ½ cup parsley
- ¼ cup blended oil

Carrot Butter

- 1 qt of coin cut carrots
- Orange zest, 2 to 3 strips cut with a peeler
- 1 qt neutral oil

Pesto

- Arugula, 1 pint packed
- Basil, 1 pint packed
- 3 cloves of garlic
- ½ cup pine nuts
- Lemon zest, 2 to 3 strips cut with a peeler
- ½ to ¾ cup extra virgin olive oil

Greens

- ¼ cup sugar snap peas
- ¼ cup fava beans
- ¼ cup cut green beans
- 2 tbsp. sliced spring garlic (1 tsp. of mashed garlic cloves can be used instead)
- 1 tsp. lemon juice
- 1 cup pea greens
- 2 tbsp. mint
- ¼ cup extra virgin olive oil



Directions

Marinate the lamb by blending together the garlic, preserved lemon, parsley, and extra virgin olive oil. Place the lamb and the marinade in a bag and refrigerate for at least 30 minutes. It's best to let the lamb marinate overnight.

Place the cut carrots, oil, and orange zest in a pot and simmer until the carrots are easily pierced with a knife, around 20 to 30 minutes. Do not let the oil come to a boil, you only want to see small bubbles. Strain the carrots and place them in a blender with about a ¼ cup of the oil from the pot. Purée the carrots and season with salt to taste. Set the carrot butter aside for later.



To make the pesto add the arugula, basil, garlic, pine nuts, lemon zest, and a pinch of salt in a food processor or blender and pulse until the mixture is almost smooth but still has some texture. Set the pesto aside for plating.

Blanch the sugar snap peas, fava beans, and green beans in hot water for 1 minute then immediately chill them in ice water. If using fresh fava beans, remove the skin from the fava bean.

Preheat an oven to 400°F. Heat a heavy bottom pan over a medium high flame. Remove the lamb from the marinade and season with salt and pepper. Add a tablespoon or 2 of oil to the pan and sear the lamb on all sides. Place the lamb on an oven safe sheet pan and place in the oven to finish cooking to your desired doneness:

Rare 125°

Medium Rare 135°

Medium 145°

Well Done 155°

Quickly sauté the snap peas, fava beans, and green beans in an oiled hot pan with the spring garlic, a teaspoon of lemon juice, and a pinch of salt. Clean the pan, then return the pan to the heat and quick sauté the pea tendrils with a pinch of salt.



To plate, spread a dollop of the carrot butter across the plate. Ladle a few tablespoons of the fava bean mixture on one side of the plate. Lay 1 two bone lamb chop on top of the bean mixture. Place the sautéed pea tendrils on top of the lamb and drizzle with the pesto. Finish with a few torn pieces of fresh mint and a drizzle of extra virgin olive oil.