



***RACK OF LAMB WITH ISRAELI COUSCOUS &
PISTACHIO PERSILLADE***
Serve with Maison Bouachon Châteauneuf-du-Pape

LAMB:

3 lamb racks – cut in half
3 garlic cloves – minced
¼ cup extra virgin olive oil
1 tablespoon fresh thyme – chopped

Mix lamb, garlic, oil & thyme in a large bowl and refrigerate overnight. Rub off as much of the thyme and garlic as possible, season with salt & pepper then sear in an ovenproof sauté pan. Finish cooking in a pre-heated 450-degree oven until desired doneness – about 10 minutes for medium rare. (120 degrees F. internal temperature) Remove the lamb from the oven, cover with foil and let it rest for 10 minutes before serving.

ISRAELI COUSCOUS:

1-1/2 cups Israeli couscous
2 cups chicken stock - hot
¼ cup shallots – finely chopped
2 tablespoons olive oil

Heat the olive oil in a medium size saucepan. Sauté the shallots until soft. Add the couscous and cook for about 5 minutes. Add the chicken stock and bring to a boil. Cover pan, lower heat and simmer for 10 minutes. Season to taste with salt & pepper.

PISTACHIO PERSILLADE

2 cups panko (Japanese bread crumbs)
4 tablespoons butter – unsalted
1 tablespoon garlic - minced
1/2 cup Italian parsley – finely chopped
1/2 cup pistachio nuts - shelled and chopped

In a medium sauté pan, melt the butter and add the garlic & panko. Cook until the panko is lightly browned then add the parsley and pistachio nuts. Remove from the heat and allow to cool.
To plate: Cut each lamb rack into 4 double chops. Place one cup of couscous on each plate. Place two double lamb chops against couscous. Spoon 2 tablespoons of the pistachio persillade over the meat.

Serves 6