

# Kamouraska lamb tenderloin, celery root mousseline, pearl onions, green peas and port sauce

Recette pour 4 personnes



## Description

Two slices of pink lamb tenderloin served over waves of celery mousseline. Served with a side of buttered peas, dotted with caramelised Cipollini onion petals and an rich Porto reduction.

## L'idée déco

In this recipe, peas, Cipollini onions and Brussels sprouts are used in small amount to decorate the plate, you could use a full portion so they become a side.

## Ingrédients

Lamb tenderloin

- 400 Gr Lamb tenderloin
- 75 Ml Olive oil
- 1 Knob Butter
  
- Salt and pepper

Celery mousseline

- 1 Unit(s) Celeriac
- 1 Unit(s) Onion
- 2 Knob Butter
- 1 Pinch(es) Salt
- 1 Liter(s) Chicken stock
  
- Salt and pepper

Peas, onions and brussels sprout

- 50 Gr Peas

- 10 Gr Salt
- 1 Liter(s) Water
- 6 Unit(s) Brussels sprout
- 500 Ml Water
- 2 Knob Butter
- 3 Unit(s) Cipollini onion
- 3 Knob Butter
  
- Salt and pepper

#### Porto sauce

- 100 Ml Port wine
- 1 Unit(s) French shallot
- 2 Sprig(s) Thyme
- 200 Ml Veal demi-glace
  
- Salt and pepper

#### **Préparations**

Temps de préparation **60 mins**

Préchauffez votre four à 425 F°

#### Set up

Peel the celery then cut it in cubes of 1 x 1 . Peel the onion and slice it. Peel the French shallots then chop them finely. Peel the Cipollini onions then cut them in half.

#### Celery mousseline

In a large pan, roast the onions with a knob of butter and a pinch of salt. When it reaches a nice color, add the diced celery and let roast until browned. Add the chicken broth and cook 30 to 40 minutes over medium heat. Using a spoon, remove the celery and onions and place them in a blender. Blend at maximum speed to a smooth, light purée. Add a knob of butter and blend for another 10 seconds.

#### Peas, onions and Brussels sprouts

In a saucepan, boil water with 10 g of salt per liter of water. When boiling put the peas in the pan for 2 minutes then cool them down in a bowl of ice and water. This is called blanching. Repeat the same process with Brussels sprouts but let them cook 4 minutes. When the sprouts have cooled, remove the stalks and carefully remove the leaves one by one. In a skillet, melt butter and place the cipollinis on the flat side. Let them cook over medium heat until caramelized. When ready, pick the petals off of them.

#### Porto sauce

In a saucepan, sweat the shallots and thyme in a knob of butter and a pinch of salt for 2 minutes. Add the Porto

and boil for 1 minute to evaporate the alcohol. Stir in the demi-glace and cook 3 more minutes. Pass the sauce through a fine sieve and set aside.

### Lamb tenderloin

In a skillet, heat a dash of olive oil and a knob of butter then sear the tenderloin 3 minutes on a side and 1 minute on the other then put it on a baking sheet and bake in the oven for 8 minutes at 400°F (or 200°C). Allow the meat to rest 10 minutes covered with aluminum foil before carving slices of 2 cm.

### Plating

With an artistic touch, make a nice comma with the purée. Place the pieces of lamb on top. Arrange the peas, cabbage and onion petals. Finish with the hot sauce. **Bon Appétit!**

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