

Rack of lamb, mint pesto, parsnip puree and seasonal vegetables

Recette pour 4 personnes

Description Rack of lamb with mint pesto crust accompanied by a parsnip puree and vegetable market

L'idée déco To reduce the stress of cooking, it is important to temper the meat 1 hour before cooking.

Ingrédients

For the rack of lamb

- 4 Unit(s) Lamb rack (2 chops)
- Vegetable oil
- Salt and pepper
- Butter

For the mint pesto

- 1 Bunch(es) Mint
- 15 Ml Grainy mustard
- 30 Ml Pine nuts
- 1 Unit(s) Green onion
- Vegetable oil
- Salt and pepper
- Butter

For the glazed carrots

- 2 Unit(s) Carrot
- 5 Ml Honey
- Vegetable oil
- Salt and pepper
- Butter

For the parsnips purée

- 600 Gr Parsnip
- 1 Unit(s) Onion
- 1 Clove(s) Garlic
- 100 Ml Milk
- 2 Sprig(s) Thyme
- Vegetable oil
- Salt and pepper
- Butter

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre four à 400.00 F°

General preparation

Finely chop the white onion. Peel the carrots. Cut them in half lengthwise and then cut them into wedges. Peel the parsnips and cut into small cubes.

Preparation of parsnip puree

In a pan, drizzle with olive oil and fry the onion white. Add a pinch of salt and cook for 1 minute. Then add the parsnips and let cook for 1 minute. Add chopped garlic, thyme and cover with water. Bring to the boil and simmer for 25 minutes over low heat. Drain and blend with hot milk and a knob of butter. Add salt and pepper to taste.

Glazed carrots preparation

Place carrots in a pan, cover with water halfway up and add a knob of butter, honey and cook until complete evaporation of water to glaze them. Season with salt and pepper.

Preparation of mint pesto

In the bowl of a food processor, combine mint, mustard, green onion, pine nuts and two tablespoons of olive oil. Mix everything. Season with salt and pepper. Add a little oil if necessary.

Preparation of racks of lamb

In a large skillet, drizzle with olive oil and sear the pieces of meat for 2 minutes on each side. Add salt and pepper to taste. Remove pieces of meat and set aside. Brush the lamb racks with half the pesto and place them on a baking sheet. Bake oven for 15 to 128minutes. Let the meat rest before cutting each chops individually.

To serve

Place the parsnip puree in the bottom of each plate using a ring mold and place a few vegetables on top. Serve two lamb chops and draw a few lines with the pesto on your plate.

Bon appétit!