

Lamb tenderloin, celery root mousseline, pearl onions, green peas and port sauce

Recipe for 4 persons



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.

Note

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.

Ingredients

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

Preparation

- Preparation time **60 mins**
- Preheat your **four** at **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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