

# Rack of lamb à la provençale, Niçoise ratatouille, red wine reduction

Recipe for 4 persons

## Description

Rack of lamb with herb crust served with a Provençal ratatouille prepared with eggplant, zucchini, pepper and tomato topped with a red wine reduction.

## Note

Lamb from Québec is a delicate meat, we recommend that you use a thermometer to check the internal temperature reaches 63°C (140°F) for optimal results.

## Ingredients

### For the lamb

- 4 Unit(s) Lamb rack (2 chops)
- 2 Sprig(s) Thyme
- 1 Sprig(s) Rosemary
- 2 Sprig(s) Parsley
- 60 Ml Japanese breadcrumbs (panko)
- Salt and pepper
- Olive oil
- Vegetable oil

### For the ratatouille

- 1 Unit(s) Onion
- 1 Unit(s) Eggplant
- 1 Unit(s) Zucchini
- 1 Unit(s) Red pepper
- 1 Unit(s) Green pepper
- 2 Unit(s) Italian tomatoes
- 2 Sprig(s) Thyme
- 2 Clove(s) Garlic
- Salt and pepper
- Olive oil
- Vegetable oil

### For the wine reduction

- 500 Ml Red wine
- 500 Ml Veal demi-glace
- Salt and pepper
- Olive oil
- Vegetable oil

## Preparation

- Preparation time **50 mins**
- Preheat your **four** at **400 F°**

### General preparation

Chop the onion. Cut all vegetables into small cubes the same size. Finely chop the garlic, half the thyme the parsley and the rosemary.

### Sauce preparation

In a saucepan, reduce the red wine and demi-glace to 3/4.

#### Ratatouille preparation

Sauté separately eggplant, zucchini, onion, peppers and tomatoes in olive oil, put them all together in a saucepan, add 2 sprigs of thyme, ½ teaspoon chopped garlic and simmer 30 to 40 minutes over low heat, stirring occasionally so the vegetables do not stick to the bottom of the pan.

#### Rack of lamb preparation

Assemble the thyme, parsley and rosemary and breadcrumbs, with a drizzle of olive oil and season with salt and pepper. Season your racks of lamb and sear them over high heat for 2 minutes on each side in a hot pan with a drizzle of vegetable oil, then place a little of the mixture on the back of the square, put them in a baking tray. Cook the lamb from 12 to 15 minutes until medium.

#### To serve

On your plate, place cookie cutter in the middle and place a spoonful of ratatouille, cut the lamb and arrange 2 ribs around the ratatouille, top with a dash of red wine reduction.

**Bon appétit!**