

Culinary delights
with
PALM OIL

Rack of lamb



The quality of meat depends very much upon the cattle from which it is sourced. This recipe calls for an Aurora rack of lamb, which many believe to be one of the finest suppliers of gourmet lamb cuts. The method of cooking employed here is known as sous-vide; to cook the lamb at low temperature for an extended period of time, thus ensuring succulent perfection in every bite. Palm oil is utilised for its delicate, almost neutral flavour, thus allowing for the infusement of the marinade without off-setting the herbacious aroma. Serve with fresh polenta and vegetables for nothing short of a magnificent dining experience.

INGREDIENTS



1.8 kg aurora rack of lamb
60 days grain-fed
65 g cherry tomato
65 g yellow zucchini
65 g baby carrot
65 g Australia asparagus
65 g pumpkin
65 g green zucchini

For lamb marination

300 ml red palm oil
20 g fresh rosemary
20 g spring onion
20 g fresh thyme
Sea salt to taste

Wild mushrooms

40 g trumpet mushroom
40 g morel mushroom
40 g ceps mushroom
40 g chanterelle mushroom

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INGREDIENTS



For tapenade

20 g green olive
20 g black olive
20 g kalamata olive
10 g garlic, chopped
10 g fresh rosemary, chopped
10 g dijon mustard
Sea salt to taste

For polenta

600 g polenta flour
180 ml fresh milk
140 g butter
20 g black truffle, chopped
20 ml truffle oil
Salt to taste

To garnish

Fresh thyme
Fresh purple shiso
Celery leaves

To make tapenade

Finely chop the olives, garlic and rosemary together, then mix in Dijon mustard. Salt to taste.

To make polenta

Bring the milk to boil over the stove. Add polenta flour slowly in small batches, mixing with a wooden spoon to avoid clumping. Remove the polenta from fire, then add 60 g of butter and whisk until is smooth. Set aside until required. Just before serving, stir the remaining butter, chopped black truffles and truffle oil into the polenta.

To prepare vegetables and wild mushrooms

Sweat some onions with butter, then sauté each type of vegetable individually to avoid over-cooking or under-cooking.

Set sautéed pumpkins and carrots in a pot and pour vegetable stock in. Cover the pan with parchment paper and allow to simmer until the vegetables acquire the right texture. Drain and set aside.

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METHOD



To marinate lamb

Trim and clean the rack of lamb. Mix together red palm oil, rosemary needles, thyme and chopped spring onion, then add kosher salt to taste. In a non-reactive bowl, mix marinade with lamb rack, making sure to rub the herbs into the meat. Insert internal temperature probe inside rack of lamb, then place into clean, food-safe plastic wrap and seal to prepare for sous-vide cooking.

To cook lamb

Sous vide the lamb at a temperature of 100oC, with 50% humidity for 11 minutes, or until the internal temperature probe reads 38oC. Remove the lamb rack, then sear quickly over high heat before coating with a layer of tapenade.

Plate the lamb rack with truffle polenta, yellow zucchini, green zucchini, pumpkin, asparagus, carrots and wild mushrooms.

Re-generate, or roast the lamb rack in a combi oven at a temperature of 140°C at a humidity of 50% for 7 minutes. Remove, garnish as appropriate, then serve immediately.