



Spring Fête

- Menu -

Herb Encrusted Rack of Lamb

Vegetable Tian

Coeur a la Crème with Raspberry Coulis

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Shopping List

Dairy/Freezer

- 14 TB unsalted butter (almost 2 sticks)
- 2/3 cup grated Parmesan cheese
- 8 oz mascarpone cheese, softened
- 2/3 cup plain yogurt, no thickeners (Greek)
- 12-ounce bag frozen raspberries

Pantry

- Kosher salt and pepper
- 4 TB canola oil
- ¼ cup Dijon mustard
- 3 TB honey
- 1 ¼ cups Panko bread crumbs
- Cooking spray
- ¾ cup granulated sugar
- ½ TSP pure vanilla extract

Produce

- 4 cloves of garlic, minced
- 3 TB fresh flat-leaf parsley
- 2 TB fresh thyme
- 1 TB fresh rosemary
- 2 yellow onions, chopped (about 4 cups)
- 2 medium sized Yukon gold potatoes
- 2 medium sized zucchinis
- 8 Roma tomatoes
- 1 lemon

Protein

- 2, 8 bone racks of lamb (See recipe – 2 racks are for 4 servings – you can ½ recipe and prepare only 1, but you will need the ½ the other ingredients as well)

Specialty

- Cheesecloth

Equipment

Baking

- 9” x 13” baking dish
- Muffin tin or 4 small ramekins
- Roasting pan with rack

Electric

- Hand-held mixer
- Small food processor (you can use a bowl and whisk if necessary)

Pots and Pans

- Small saucepan
- Medium saucepan
- 2 Skillets

Tools/Utensils

- Chef’s knife
- Cutting board
- Fine mesh sieve
- Measuring cups and spoons
- Meat thermometer
- Spatula
- Cheesecloth (I placed this on the shopping list too, because you can find it at the grocery store)
- Zester

Other

- Foil

Mise en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- I recommend you read through the recipes before class.
- I encourage you to prep your ingredients so that you will have more time to watch the instruction.
- Bring butter and mascarpone cheese out to soften.
- Bring the lamb out of the refrigerator and remove it from packaging.

Herb Encrusted Rack of Lamb

Serves 4 (1/2 rack each)

You can easily half the recipe and make one rack for 2 people

2, 8 bone racks of lamb
4 TB canola oil
Salt and pepper
¼ cup Dijon mustard
3 TB honey
6 TB unsalted butter, softened
4 cloves of garlic, minced
1 ¼ cups Panko bread crumbs
3 TB flat-leaf parsley, chopped fine
1 TB fresh thyme, chopped
1 TB rosemary, minced
Cooking spray

Preheat the oven to 425 ° F.

Remove the lamb from the refrigerator at least 30 minutes before cooking.

Season the racks of lamb on both sides with a generous amount of salt and pepper.

In a large heavy bottom skillet, heat 2 TB canola oil over medium heat. Sear one rack of lamb at a time, fat side down. Cook about 4 minutes, turning once. Repeat these steps with the remaining rack of lamb.

In a small food processor, mix the butter and garlic. (You can also mix this in a bowl with a whisk if necessary) Place this mixture in a medium size bowl and add the bread crumbs and herbs. Stir until the mixture is moist.

In a small bowl, combine the honey and mustard. Coat the fat side of each rack with ½ the mustard sauce.

Using ½ the crumb mixture, gently press it into the mustard on each rack of lamb.

Spray a roasting pan and rack lightly with cooking spray. Place the lamb on the rack in a in a roasting pan.

Pro chefs roast the lamb until the internal temperature reaches 130°, which is rare, about 25 – 30 minutes. I prefer 145°, medium!! When checking the temperature, be careful not to touch a bone!

Remove from the oven and lightly tent with foil. Let them rest 10 minutes. Carve each rack into chops and serve.

Vegetable Tian

Serves 6 - 8

4 TB unsalted butter
2 yellow onions, chopped (about 4 cups)
Cooking spray
2 medium sized Yukon gold potato, peeled and sliced
2 medium sized zucchinis, sliced
8 Roma tomatoes, cored and sliced
2 TSP kosher salt
1 ½ TSP black pepper
1 TB fresh thyme, chopped
4 TB butter melted
2/3 cup grated Parmesan cheese

Preheat oven to 375 degrees.

In a medium skillet, melt 4 TB of butter over medium heat. Add the onions and sauté about 10 - 12 minutes or until softened and translucent.

Place the onions into a 9" x 13" lightly greased dish. In a large bowl toss the potatoes, zucchini, tomatoes, thyme, salt and pepper. Group the vegetables so that they overlap in the same pattern, zucchini, potato, tomato. Make 4 columns of veggies vertically over the onions. Drizzle the melted butter over the vegetables. Cover with aluminum foil.

Bake 30 minutes then remove the foil and sprinkle with cheese. Bake an additional 30 - 35 minutes. Let stand 10 minutes before serving.

Coeur a la Crème with Raspberry Coulis

Makes 4 servings

Coeur a la Crème

8 oz mascarpone cheese, softened
2/3 cup plain yogurt, no thickeners (Greek)
2 TB plus 1 tsp granulated sugar
½ tsp lemon zest
½ tsp pure vanilla extract
Pinch of salt
Cheesecloth squares

In a medium bowl, combine all of the ingredients and beat until smooth. Strain the mixture through a fine mesh sieve. You may need to push the mixture through using the back of a spoon. This is to keep the flavor of lemon but not the zest itself, making a very smooth texture. Line four small round ramekins or a muffin tin with dampened cheesecloth. Pour the cheese mixture into the ramekins and fold the extra cloth over the top. Refrigerate the molds in a shallow dish to catch any drippings for at least 2 hours or up to 2 days.

Raspberry Coulis

(you will have more coulis than you need – save it for serving over yogurt, ice cream etc.)

12-ounce bag frozen raspberries
¾ cup simple syrup (1/2 cup water and ½ cup granulated sugar boiled)
1 ½ tsp fresh lemon juice

First, make the simple syrup. Place the water and granulated in a small saucepan. Bring to a boil and continue to cook until all the sugar is dissolved.

Bring the raspberries, simple syrup and lemon juice to a simmer in a heavy saucepan over low heat. Simmer, stirring occasionally until the berries are very soft, about 8 minutes. Strain through a fine mesh sieve into a bowl, discard the seeds. Cool completely, then cover and refrigerate until ready to use.

To serve: unmold the Coeur and carefully peel away the cheesecloth. Place the Coeur in the center of the plate, bottom-side up. Allow to sit at room temperature for about 10 - 20 minutes before serving, Pour the coulis around the Coeur and garnish with fresh raspberries.