

JAN VAN DYK - LAMB

RACK | SWEETBREADS | BRAISED SHANK | EGGPLANT BÉARNAISE | BABY VEGETABLES

INGREDIENTS

Lamb rack : 5 pcs (2.5 kg)
Lamb sweetbread : 500 gr

BRAISED LAMB SHANK:

Lamb shank: 1 kg
Veal jus: 2.5 Ltr
Red wine: 50 cl
Carott: 100 gr
Onions: 100 gr
Celery: 100 gr
Garlic: 1 pod
Fresh thyme: 10 gr
Rosemary: 10 gr
Smoked bacon: 80 gr
Salt: to season
Black pepper: to season

EGGPLANT BEARNAISE:

Eggplant caviar : 0.3 kg
Béarnaise reduction: all
Egg yolk: 40 gr
Clarified butter: 20 cl
Fresh tarragon: 20 gr
Salt: to season
Pepper: to season

EGGPLANT CAVIAR:

Eggplant: 750 gr
Olive oil: 15 cl
Garlic: 50 gr
Thyme: 5 gr
Rosemary: 5 gr
Salt: to season
Pepper: to season

BEARNAISE REDUCTION:

Chopped shallots: 100 gr
White wine vinegar: 10 cl
White wine: 10 cl
Crushed black pepper: 5 gr
Salt: to season

BABY VEGETABLE:

Baby Carrot: 150 gr
Baby corn: 200 gr
Chickpeas: 40 gr
Girolles: 50 gr
Radish: 25 gr
Baby turnip: 80 gr
Baby tomato: 250 gr
Baby leeks: 100 gr
Baby eggplant: 200 gr
Red vein sorrel: 1 tin
French bean: 40 gr
Borrag flowers: 20 pcs

DIRECTIONS

BRAISED LAMB SHANK:

First color all lamb shanks in sunflower oil and add fresh butter at the end to get nice color. Then remove the fat and take the lamb shanks from the pot. Then heat the pot with oil and butter, sweat all aromatic garnishes into until it starts to get coloration. Add the seared lamb shanks into and deglaze with the red wine, cook to reduce to 8/10 and pour the veal jus on the top. Bring it to the boil and cover with a lid and cook it at 160 C° for 2 hours.

Finally, take out slowly all the lamb shank from the jus, strain it and reduce it to consistency.

Clean and thigh the lamb rack, pan-roast it with a bit of butter, garlic and fresh thyme.

Blanch the sweetbreads in simmering water with vinegar; cool it down in ice water.

Then peel it and pan fry it like the lamb rack.

EGGPLANT BEARNAISE:

Make the reduction and the eggplant caviar.

Then put both in a large sauce pan then make a traditional béarnaise with that.

BABY VEGETABLES FRICASSE:

Peel all of the baby vegetables and cook them in salted boiling water. Pan fry the girolles and heat the baby vegetables in boiling water. Then season them with olive oil and salt.

PLATING:

Spread a spoon of eggplant caviar on the plate; top it with all the baby vegetables. Place the braised lamb shank, rack and sweetbreads as per the picture and serve the lamb jus on side.

