

Seared Rack of Lamb with Rosemary-Cabernet Sauce paired with Davis Estates Oakville Cabernet Sauvignon

INGREDIENTS:

SERVES: 2-4

Seared Rack of Lamb

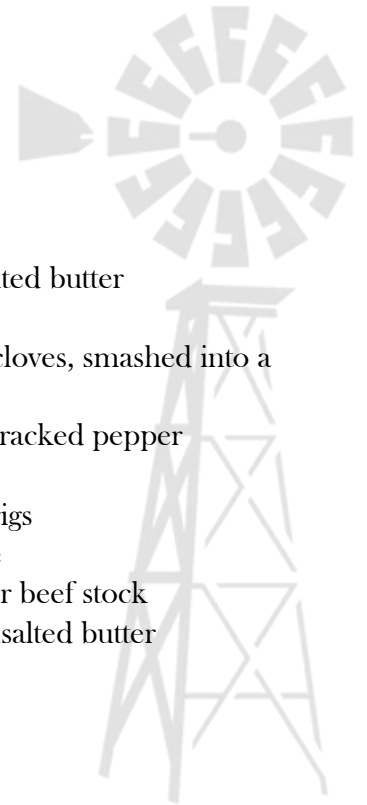
1 (2 ½ -3 pound) frenched rack of American lamb
Kosher salt and freshly ground black pepper, to taste
2 tablespoons extra-virgin olive oil
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
5 cloves garlic smashed

Rosemary-Cabernet Sauce

¼ cup finely chopped onion
2 tablespoons olive oil
1 cup Davis Estates cabernet sauvignon
2 teaspoons minced fresh rosemary, divided in half
1 teaspoon chopped fresh chives
½ teaspoon minced fresh thyme
1 cup low sodium beef stock
2 ounces veal demi-glace (optional)
2 tablespoons unsalted butter
Salt and black pepper to taste
Salt and pepper to taste

Carrot Purée

1 ½ tablespoons unsalted butter
2 shallots, chopped
7 peeled black garlic cloves, smashed into a smooth paste
1 tablespoon freshly cracked pepper
1 bay leaf
6 to 8 fresh thyme sprigs
1 ½ cups dry red wine
2 cups unsalted veal or beef stock
2 tablespoons cold unsalted butter
Salt, to taste



METHOD:

Seared Rack of Lamb

- Heat oven to 450° F. Season lamb with salt and pepper. Heat oil in a 12" cast-iron skillet over medium-high heat.
- Add lamb fat side down and cook, using tongs to flip and sear the bottom and sides of the rack, until browned, about 10 minutes.
- Turn lamb fat side up in the skillet and scatter herbs over the top. Add garlic to skillet and transfer to oven. Roast until an instant-read thermometer inserted into center of the meat reads 130° F for medium rare, about 10 minutes.
- Allow to rest for 5 minutes before slicing.

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Rosemary-Cabernet Sauce

- In a medium saucepan over medium heat, add olive oil and onions. Cook, stirring, for 3 to 4 minutes, until the onions are tender.
- Add the wine, 1 teaspoon of rosemary, chives, and thyme, and boil until the wine has reduced to about ½ cup.
- Add the beef stock and continue to cook over medium heat until reduced to about ¾ cup.
- Add in remaining 1 teaspoon of rosemary and the veal demi-glace, heat for 1 minute then add butter and stir. Taste and season with salt and pepper.

Carrot Purée

- Simmer carrots, garlic, broth, and salt in a 2-quart heavy saucepan, covered, until carrots are very tender, 12 to 14 minutes.
- Drain and purée mixture with cream and butter in a food processor until smooth.
- For an added pop of color, I love roasting brussels sprouts and finishing the plate with them!

To Finish

On a warm plate, spread a generous amount of Carrot Purée. Place the Seared lamb on top. Garnish with a spoonful of Rosemary-Cabernet Sauce. Serve immediately with a glass of Okaville Cabernet Sauvignon.