

Pan Seared Lamb Loins with Mustard Cream Sauce and Mixed Squash paired with Davis Estates Pinot Noir

INGREDIENTS:

Lamb Loins with Mustard Cream Sauce

2 tablespoons olive oil
2 tablespoons lemon juice
1 tablespoon fresh thyme, chopped fine
½ teaspoon black pepper
1 teaspoon salt
3 cloves garlic minced
1 tablespoon olive oil
2 American lamb loins about 1 ½ pounds each,
fat cap removed
1 cup Dry Vermouth
⅓ cup Dijon mustard
2 tablespoons whole grain mustard
2 teaspoons fresh thyme, chopped fine
1 clove garlic minced
2 tablespoons heavy cream
2 tablespoons butter

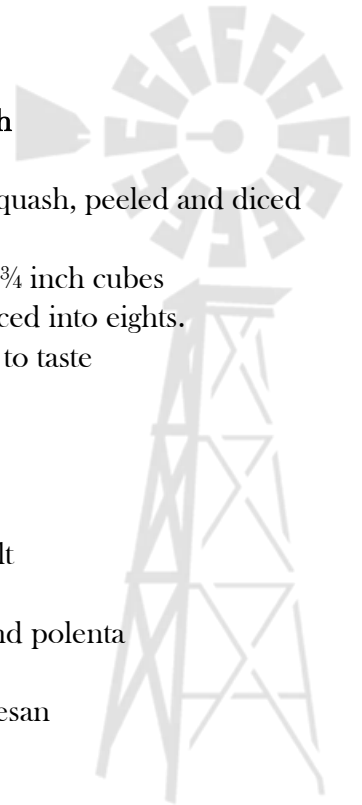
SERVES: 4

Roasted Mixed Squash

As needed olive oil
1 medium butternut squash, peeled and diced
into ¾ inch cubes
2 zucchini, diced into ¾ inch cubes
2 patty pan squash, sliced into eights.
Salt and black pepper to taste

Polenta

5 ½ cups water
2 cups heavy cream
2 teaspoons kosher salt
Pinch baking soda
1 ½ cups course ground polenta
2 tablespoons butter
4 ounces grated parmesan



METHOD:

Lamb Loins with Mustard Cream Sauce

- Combine olive oil, lemon juice, thyme, pepper, salt, minced garlic in a medium bowl.
- Place lamb loins in a plastic bag and pour the contents of the bowl inside, flip bag around to evenly coat lamb.
- Let the lamb loins sit at room temperature for 30 minutes. Heat 1 tablespoon of olive oil over medium heat in a large skillet until hot.
- Add lamb and cook on medium-high heat for about 4 minutes, flip and cook for another 4 minutes.
- Remove the lamb from the skillet when a meat thermometer registers 120°F. Let rest covered with foil.
- Add vermouth to the same skillet and bring to boil. Then add mustard, thyme, and minced garlic. Reduce until it thickens, about 5 minutes.
- Add the heavy cream and whisk in the butter. Season the sauce with salt and pepper, if needed.

Roasted Mixed Squash

- Preheat oven to 400°F.
- In a bowl toss butternut squash with olive oil and place on a sheet tray. Season with salt and pepper and bake for 12 minutes or until just getting tender.

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- Using the same bowl toss both the zucchini and patty pan together with olive oil and season with salt and pepper.
- Then add to the butternut squash sheet tray and bake an additional 8 to 10 minutes.

Polenta

- Bring water and cream to boil in heavy-bottomed 4-quart saucepan over medium-high heat. Watch closely as it will boil over if unattended.
- Stir in salt and baking soda, then slowly pour polenta into water in a steady stream, while stirring back and forth with wooden spoon or rubber spatula.
- Bring mixture to boil, stirring constantly, about 1 minute. Reduce heat to lowest possible setting and cover.
- After 5 minutes, whisk polenta to smooth out any lumps that may have formed, about 15 seconds. Make sure to scrape down sides and bottom of pan.
- Cover and continue to cook, without stirring, until grains of polenta are tender but slightly al dente, about 25 minutes longer. Polenta should be loose and barely hold its shape but will continue to thicken as it cools.
- Remove from heat, stir in butter and Parmesan, and season to taste with black pepper. Let stand, covered, 5 minutes.

To Finish

On a warm plate, spread a generous amount of Polenta. Place the Lamb Loins over the top. Garnish with a spoonful of Roasted Mixed Squash on the side. Drizzle your desired amount of Mustard Cream Sauce. Serve immediately with a glass of Pinot Noir.