

Rack of Lamb with Cabernet Jus paired with Phase V Cabernet Sauvignon

INGREDIENTS:

Rack of Lamb

2 racks of lamb, frenched (about 1 1/2 pounds each)
2 tablespoons olive oil
1 1/2 teaspoon salt
1 teaspoon freshly ground black pepper
1/2 teaspoon granulated garlic powder

Roasted Delicata Squash and Haricot Verts

4 delicata Squash, washed and cut into 3/8 inch rings, seeds removed
As needed olive oil
To Taste salt and pepper
1-pound French Green Beans, cleaned and trimmed

SERVES: 4-6

Cabernet Jus

1 1/2 teaspoons olive oil
2 large garlic cloves, minced
1 large shallot, minced
1 750-ml bottles Cabernet Sauvignon
2 cups veal demi
1 cup ruby Port
1 bay leaf
8 sprigs of thyme
Salt and pepper to taste

Garlic and Chive Mashed Potatoes

2 1/2 pounds Yukon gold potatoes, peeled and quartered
Kosher salt and freshly ground black pepper
1/2 cup heavy cream
2 tablespoons unsalted butter
4 cloves garlic, lightly crushed
3 sprigs fresh thyme
2 tablespoons chopped chives

METHOD:

Rack of Lamb

- Preheat the oven to 450°F.
- Season racks of lamb well on all sides with salt and pepper. Heat a medium skillet over high heat.
- Once skillet is hot add the oil. When the oil is almost smoking, add the racks of lamb and brown well on all sides, about 6 minutes.
- Transfer the lamb to a sheet tray bone side down and sprinkle with garlic powder.
- Place the lamb in the oven and bake for 12 to 15 minutes for medium-rare or until a meat thermometer registers 125°F. Allow lamb to sit for 10 minutes, tented with foil, before carving.

Cabernet Jus

- Cabernet sauce can be prepared ahead of time, it mellows and becomes more balanced if made a day in advance.
- In a medium saucepan over medium high heat add oil, garlic, and shallot.
- Stir until translucent, about 2 to 3 minutes, then add the remaining ingredients.
- Bring to a boil and reduce to 1 cup, about 20 to 30 minutes. Remove bay leaf and sprigs of thyme. Adjust seasonings as needed.

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Roasted Delicata Squash and Haricot Verts

- Preheat oven to 350°F.
- Place squash in a large bowl and toss with oil, salt and pepper. Lay squash out on a sheet tray in a single layer and bake for 20 minutes or until tender. You may flip halfway through cooking time if desired.
- Bring a medium saucepan filled with water to a boil.
- Add green beans and blanch for 3 to 4 minutes.
- Remove from boiling water and place in an ice bath to cool. Once cooled, remove from ice bath and pat dry.
- To reheat place a medium sauté pan over medium high heat and add a splash of olive oil. Add beans and a pinch of salt and pepper toss until heated through.

Garlic and Chive Mashed Potatoes

- Put the cut potatoes into a large pot, cover them with cold water and add a large pinch of salt.
- Bring potatoes to a boil, then reduce heat and simmer until the potatoes are fork tender, about 20 to 30 minutes. Drain well.
- Meanwhile, in a small pot heat the cream, butter, garlic and thyme.
- While the potatoes are still warm, press them through a potato ricer or food mill into a bowl.
- Stir in the warm cream a bit at a time, straining out the solids, until the potatoes are fluffy.
- Season with salt and pepper and gently fold in the chives. Serve immediately.

To Finish

On a warm plate, spread a generous amount of Garlic and Chive Mashed Potatoes. Place the desired amount of your Rack of Lamb (1-2 pieces per plate) over the top. Next plate your Roasted Delicata Squash and Haricot Verts on the side. Drizzle the Cabernet Jus over the top of the lamb to finish, or a small ramekin on the side. Serve immediately with a glass of Phase V Cabernet Sauvignon.