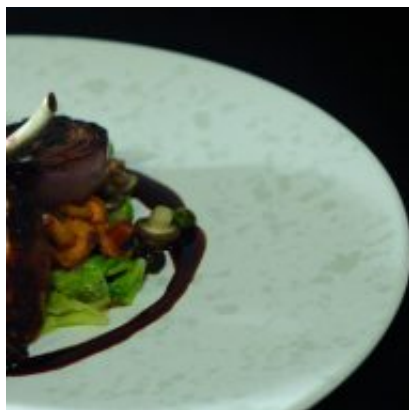


## **Pan Roasted Lamb Rack & Braised Lamb with Wild Mushrooms, Edamame (Soy) Beans, Roscoff Onion & “Teriyaki” Sauce**



**Serves:** 4

**Profitability:**

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**Ingredients:**

SOY SALT PASTRY

strong flour

88g rock salt

55g egg white

40g water

20g soy sauce

4g thyme

BRAISED LAMB & “TERIYAKI” SAUCE

1 lamb rack (8 bone)

250g peas

4 roscoff onions

150g hon shimeji mushroom

150g girolles

1 romaine lettuce

1 garlic clove, thinly sliced

200g butter

50g pomace oil

10g sherry vinegar

5g soy sauce

600g chicken stock

600g veal stock

1 lamb shank

2 roscoff onions, peeled & cut in half

1 donkey carrot, peeled

30g honey

50g white wine

50g madeira

50g soy sauce

10g garlic, peeled

15g dried cep

1 star anise

20g thyme

**Steps:**

**SOY SALT PASTRY:** Combine all the ingredients in a bowl. Mix in a food processor, turn out onto greaseproof paper and knead until smooth. Wrap around 4 roscoff onions and seal. Bake for 20 minutes at 180°C. Remove and leave to cool slightly before taking out the pastry and peeling the skin off. Set aside

**BRAISED LAMB & "TERIYAKI" SAUCE:** Seal off the lamb shank lightly in a hot pressure cooker, prepare the mire poix (roscoff onion, donkey carrot and garlic) and add to the pan. In a separate pan bring the chicken and veal stock to the boil and set aside. Coat the lamb and vegetables with honey, add the white wine, madeira and soy sauce, bring to the boil. Add the rest of the ingredients and the hot stocks. Seal the pressure cooker and cook on full pressure for 40 minutes. Prepare the mushrooms and cook the peas in boiling salted water, refreshing in ice. Remove the outer leaves of the lettuce, and cut off the centre stalk. Thinly slice on a mandoline. Set aside. When the shank is cooked, release the pressure and remove from the liquid. Break into natural segments and discard the bone and sinew. Keep warm with a little of the cooking liquid to stop it drying out. Pass off the cooking liquor and reduce in the pan till thick and glossy (cooking time 20 minutes). Pass through a fine sieve and set aside for plating. Char the cut side of the onions till golden and add 20g butter, melt and deglaze the pan with the sherry vinegar and soy sauce to create a glaze. Remove from pan and set aside. Roast the lamb rack. Render the fat till golden, about 6 minutes, then seal and baste with butter. Cook for 8-10 minutes at 180°C (1/2 on fat side & 1/2 on bone side). Drain and glaze with the teriyaki sauce and leave to rest for 8 minutes. Warm up the braised lamb in some braising liquor and warm the lamb in the oven for 4 minutes and the "teriyaki" sauce. Separate 4 onion shells and warm with the whole onions in the oven glaze side up for 3 minutes. Cook the peas in an emulsion made with remaining butter and water for 2 minutes. Add the thinly sliced garlic and mushrooms cooking for 2 minutes to keep the fresh taste. Remove and drain off excess emulsion. Using the same pan wilt the lettuce so it takes on the mushroom and garlic flavours, remove and drain.