

Lamb, 5 spice demi glace, vegetable noodles

Ingredients

1 rack of lamb, frenched
1 carrot, julienned
1 red onion, julienned
1 red pepper, julienned
1 zucchini, julienned
1T – cilantro, chopped
4 ea – Chinese chive, cut into 2 in lengths
4 Thai basil leaves, julienned
1/8 cup – rice wine
1/8 cup 5 spice demi
1T – canola oil
Fried rice stick (garnish)
Shaved green onion (garnish)
Kosher salt
Freshly ground black pepper



Procedure

1. French the bones if not already done, if so skip and cut rack into individual chops.
2. Heat grill to working temperature and slowly cook individual chops to serving temperature.
3. Cook until desired temperature has been achieved and reserve.

For the noodles

1. Place the tablespoon of canola oil into a cast iron skillet, sauté pan or wok and bring up to temperature over a medium flame.
2. Sauté the carrot, red onion, red pepper, zucchini and Chinese chives for 2 minutes, or until the veggies become limp and the onion starts to caramelize.
3. Add the Thai basil and deglaze with the rice wine, reducing au sec.
4. Season with the salt and pepper and reserve.

To plate

1. Using serving thongs, mound the “noodles” into the center of the plate.
2. Take 3 of the chops and place them around the noodles so the bones interlock and they come to rest on the vegetables.
3. With a gravy boat, pour the 5 spice demi around the plate to flood the bottom, so the plate bottom does not show.
4. Garnish with fried rice stick, shaved green onions and freshly ground black pepper.