

# Beech Ovens Recipe Library

## Herb-Crusted Rack of Lamb, Fork-Crushed Sweet Potatoes, Natural Jus

**Name of dish:**

Herb-Crusted Rack of Lamb, Fork-Crushed Sweet Potatoes, Natural Jus

**Number of portions:**

4

*Recipe Courtesy of Chef Grant MacPherson, Scotch Myst.*

<http://www.scotchmyst.com>

**Lamb**

6 Rib Rack of Lamb	2 Racks
Vegetable Oil	2 tbsp or 30 ml
Day-old Bread, crusts removed	4 slices
Chopped Parsley	2 tbsp or 10 g
Coarse Grain Mustard Salt & cracked	4 tbsp or 60 ml
Black Pepper	To Taste

**Fork-Crushed Sweet Potatoes**

Sweet Potatoes	2 lbs or 900 g
Olive Oil	¼ cup or 50 ml
Garlic cloves, crushed, large	2 pc
Lemon Oil	1 tbsp or 15 ml
Coarse Salt	To Taste
Cumin Seeds, lightly toasted	2 tsp or 5 g
Chives, for Garnish	

**Mushrooms**

Olive Oil	2 tbsp or 30 ml
Chanterelle or Portobello	16 oz or 450 g
Shallots, finely chopped	4 pc
Scallions, cut into 3 inch or 7.5 cm pieces	4 pc

**Natural Jus**

4 tbsp

**Method**

**Prepare Lamb:** Preheat oven to 350 F / 180 C. Season Lamb with Salt and Pepper. In 12 inch/30.5 cm skillet over medium-high heat, warm Oil. Add Rack of Lamb; Brown well on all sides. Remove from skillet.

In food processor, blend Bread slices and Parsley until well blended. Spread Mustard on fat-side of Lamb to cover; Pat Crumb mixture into Mustard. Bake 15 to 18 minutes or until Lamb is desired doneness.

**Prepare Mushrooms:** In 12 inch / 30.5 cm skillet over medium heat, warm Oil. Add Mushrooms, Shallots and Scallions, and cook until tender, stirring occasionally.

**Prepare Fork-Crushed Sweet Potatoes:** In a large pot, add Sweet Potatoes and enough water to cover. Bring to a boil and reduce heat to simmer 20 minutes or until Sweet Potatoes are tender. Drain. Let stand until cool enough to handle. Remove skins. Meanwhile, in small skillet over medium heat, warm Olive Oil. Add Garlic, and cook just until tender and lightly golden, stirring frequently. In large bowl, crush Sweet Potatoes with fork until coarsely mashed. Stir in Garlic-Oil mixture, Lemon Oil and Salt to taste. Garnish with Cumin Seeds and Chives.

### **Presentation**

Place 3 Lamb Ribs on each plate. Serve with Mushrooms, Sweet Potatoes and Mushroom Jus.

