



The

COOKING

Show

Lamb Chops

- 1 rack of Lamb, cut into single chops
- 1 Tbsp. Whole Grain Mustard
- 1 Tbsp. EVOO
- 2 sprigs fresh Rosemary, minced
- 2 tsp. Garlic, minced
- 1 tsp. fresh Cracked Pepper

Method of Preparation:

1. Combine EVOO, mustard, garlic, and minced rosemary in a small mixing bowl.
2. Whisk together to emulsify the ingredients and then season with pepper.
3. Combine the marinade and the lamb chops, massage into the meat, and in a sealable bag and marinate overnight.
4. Grill lamb chops on high heat over a char grill to medium rare. This is about 3 minutes per side, then let rest before serving. The temperature should be 125*-130*F.



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BISTRO & BAR



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Blackberry Jus

INGREDIENTS:

1 1/2 cups Veal Demi Glace
1/2 cup Port Wine
4 ounces fresh Blackberries
1 Tbsp. Sugar
Salt and pepper to taste

Method of Preparation

1. In a small sauce pan, combine your blackberries and sugar.
2. Bring to boil over medium high heat until a syrup is formed.
3. Pure the blackberries with a stick blender until smooth, then season to taste.
4. Strain the compote through a fine mesh sieve to remove any seeds or solids remaining.
5. In a separate sauce pot, reduce your port wine by half.
6. Add your veal demi glace to the port reduction, and reduce slightly.
7. Add your blackberry syrup to the veal/port reduction, and combine thoroughly.
8. Reduce the mixture until it has a nappe consistency.
9. Season again with salt and pepper. Serve warm.



Sweet Pea Puree

2 cups shelled peas
1 Tbsp. Sugar
Water as needed
Salt and Pepper to taste

Method of Preparation:

1. Blanch shelled peas until tender
2. While warm, drain peas completely and mix in the blender.
3. Add sugar and water. Blend on high speed until you get the desired consistency.
4. Season with salt and pepper to taste.

Caramelized Shallots

6 each medium sized Shallots
1 Tbsp. Sugar
1 Tbsp. EVOO
Salt and Pepper to taste

Method of Preparation:

1. Peel and cut the shallots in half.
2. In a medium sized mixing bowl, combine shallots with EVOO, salt, pepper, and sugar.
3. Bake at 375°F for 25-35 minutes – the shallots should be soft and golden in color.

Honey Roasted Carrots

1# peeled baby carrots with trimmed tops.
1 Tbsp. EVOO
4 sprigs of fresh Thyme
1 Tbsp. Wild Flower Honey, or good quality honey
Salt and pepper to taste

Method of Preparation:

1. In a medium bowl, combine carrots, EVOO, salt, and pepper. Mix thoroughly.
2. Spread carrots out onto a sheet tray in an even layer.
3. Drizzle carrots with honey, and break the thyme sprigs over them.
4. Roast at 375°F for 20-25 minutes, or until they are golden brown and fork tender.