

A close-up photograph of a plated dish. The main component is a rack of lamb, roasted to a medium-rare pink color, with two long, clean bones protruding upwards. It is garnished with several fresh green basil leaves. The lamb is served on a bed of caponata, a vegetable-based sauce containing diced tomatoes, onions, and olives. To the right of the lamb is a golden-brown, fried shoulder croquette. The entire dish is drizzled with a light-colored, possibly lemon-based, sauce. The food is presented on a white ceramic plate with a decorative blue floral pattern around the rim.

Roast lamb rack, shoulder  
croquette, caponata



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## INGREDIENTS:

SERVES 4

<b>Roast lamb rack, shoulder croquette:</b>	15g rosemary	<b>Caponata:</b>	20g fresh basil
½ rack of lamb	2 eggs	60ml olive oil	Pinch of salt
420g boneless lamb shoulder	150g breadcrumbs	1 aubergine	
420g lamb bones	150g plain flour	150g shallot	
150g potato	200ml white cooking wine	300g plum tomato	
80g celery	10g arrowroot spice	10g capers	
150g carrot	40ml cream	30g dried sultanas	
20g onion	40g butter	150g celery	
	Pinch of salt	30ml red wine vinegar	
		20g pine kernels	

## METHOD:

1. Roast the lamb bones until well coloured.
2. Rough chop celery, carrot, onion and garlic and colour in a pan. Add the roasted lamb bones and half the rosemary. Cover with water and simmer for 4 hours to make a stock
3. Season the lamb shoulder and pan fry to colour all over, add the white wine and stock and braise in oven at 150°C for 4 hours, until soft.
4. Make mash potatoes with butter, cream and olive oil.
5. When the shoulder is cooked pick meat and add the mash and some finely chopped rosemary with salt and pepper, pipe the mix into a large sausage around 4 cm in diameter and roll in cling film, tying the ends and chill. Then cut into 6cm bits and flour, egg and breadcrumb.
6. Strain the lamb cooking liquor and reduce until you have a rich flavour. Mix arrowroot with cold water to make a pourable paste and use to thicken the sauce (you may not need all of it so just use enough to give a coating consistency).
7. Season Lamb racks and pan fry to colour all over, put in oven at 160°C till its 58°C and rest.
8. Deep fry croquettes until golden and cut lamb into cutlets.
9. Caponata: Pour the olive oil into a large saucepan or casserole dish, place over a medium heat and add the 2cm diced aubergines. Cook for 15-20 minutes until they are soft. Scoop the aubergines out of the pan. Add the finely diced shallots and cook for 5 minutes until they are soft and translucent. Add the tomatoes cut into a 1cm dice and cook slowly, so they break down and turn to a soft mush, then add the aubergines back to the pan. Add in the capers, raisins, celery and vinegar, season well and cover with a lid. Cook over a low heat for 40 minutes, until all the vegetables are soft. Stir gently so it doesn't break up too much; the stew should smell sweet and sour. Toast the pine nuts and add along with the torn basil at the end.
10. Spoon some caponata onto the plate, place a croquette and two lamb cutlets on top.
11. Finish with some of the sauce.