

OMBR_1004

Menu:

SWISS CHARD AND PEA SALAD W GREEN APPLE VINAIGRETTE

BROCCOLI, SPINACH, AND CHEDDAR SOUP

SALT CRUSTED LAMB LOIN AND LAMB GRAVY

GREEN APPLE PANNA COTTA WITH CRISPY CHEDDAR

Mise en Place!

- **Prepare the Cheese for the Frico and the Soup:**
- Grate the cheddar for both
- **Start the Lamb:**
- Allow the lamb to come to room temperature.
- Pat the lamb dry with paper towel and season well with salt and pepper.
- Heat a drizzle of vegetable oil in a large, heavy-bottomed pot over medium-high heat. Add the lamb and sear well on all sides until nicely browned, 4-5 minutes per side.
- Remove to a plate to rest
- **Meanwhile, do the Knifework for the Soup:**
- Slice the stems
- Cut the crowns into florets
- Slice the leeks
- Smash the garlic
- **Start the Soup:**
- In a large pot or Dutch oven over medium-low heat, melt the butter.
- Add the leeks, garlic, and broccoli stems. Cook slowly, stirring often until the vegetables have softened but have not taken on any colour, 6-7 minutes.
- **Pickle the Swiss Chard Stems:**
- Strip the chard leaves from the stems and set aside.
- Slice the stems thinly.
- In a small saucepan over medium-high heat, combine the vinegar, water, salt, sugar, and cinnamon. Whisk just until the salt and sugar have dissolved.
- Allow the mixture to come to a simmer. Place the Swiss chard stems in a glass jar or heatproof container.
- Once the mixture is simmering, pour it over the stems and allow to cool to room temperature, then refrigerate.
- **Continue the Soup:**
- Add the flour and mustard powder, stirring to combine and cook until the raw flour smell has dissipated, 2-3 minutes.
- Set up a steamer and steam the broccoli florets until bright green and just tender, 2-3 minutes.
- Run the florets under cold water to stop the cooking. Drain on paper towels and reserve at room temperature until needed.
- Add the vegetable broth and bring the mixture to a simmer. Allow to simmer until the vegetables are very soft, 10-12 minutes.
- Add the spinach to the soup, in batches if needed, and cook until just wilted, 1-2 minutes.
- Blend until very smooth.

- Stir the cheese into the soup, dividing it if blending in batches.
- Stir the crème fraiche into the soup, again dividing it if blending in batches.
- Warm the soup gently over medium heat. Season with salt and pepper.
- Get cookin'!
- **Start the Panna Cotta:**
- Soak the gelatin in a bowl with cold water for 3-5 minutes.
- In a small saucepan over medium heat, bring the cream to a simmer.
- Add the apple puree and vanilla seeds, stirring to incorporate.
- Add the sugar, reduce the heat to low, and simmer the mixture without boiling for 10-15 minutes.
- **Crust the Lamb:**
- Chop the thyme, rosemary and tarragon
- In a mixing bowl, combine the mustard, thyme, rosemary, and tarragon. Stir to mix evenly.
- In a separate bowl, combine the salt and egg whites. Mix well until the mixture has the consistency of wet sand.
- Line a sheet pan with parchment paper and cover with half of the salt mixture.
- Brush the lamb all over with the mustard mixture and place on the salt-lined tray.
- Cover the lamb with the remaining salt mixture.
- Bake until the crust is hardened and taking on a golden colour, 10-15 minutes.
- **Continue the Panna Cotta:**
- Strain the hot cream mixture into a mixing bowl. Remove the gelatin from the water, squeezing it to remove excess water, and whisk the gelatin into the warm, strained cream.
- Allow to cool to room temperature
- In a bowl, toss together the cheese and flour.
- Pour the panna cotta into jars
- Transfer the panna cotta to the refrigerator
- **Fry the Wontons and serve the Soup:**
- Meanwhile, bring a pot of oil to 350 F (175 C). Sprinkle in the wonton strips and fry until golden and crisp, 3-4 minutes.
- Carefully strain the fried wontons out of the oil and onto a paper towel-lined plate. Season immediately with salt and Italian seasoning and reserve
- Ladle the soup into bowls, garnish with additional crème fraiche, the broccoli florets, and the fried wonton strips and serve immediately.

Dinner time!

- **Make the Lamb Gravy:**
- Melt the butter to the pot used to sear the lamb over medium heat. Once melted whisk in the flour and cook until the raw flour smell has dissipated, 2-3 minutes.
- Add the minced garlic and cook, stirring often for 1-2 minutes.
- While whisking constantly, gradually add the lamb stock to the pot. Allow the mixture to come to a simmer.
- Using kitchen twine, tie the thyme, rosemary, and tarragon together and add to the pot.
- Allow the sauce to simmer, stirring occasionally, until thickened, 10-12 minutes.

- **Crack open the Salt-Crusted Lamb:**
- Retrieve the lamb from the oven
- Using the back of a carving knife, crack the salt crust and remove the lamb. Brush any remaining salt off with a clean kitchen towel.
- Allow the lamb to rest for 5 minutes.
- **While the Lamb rests, make the Salad Dressing:**
- In a blender, combine the Granny Smith apple, apple juice, vinegar, shallot, honey, soy, and Dijon.
- Blend the contents until smooth then, with the machine running, slowly stream in the olive oil to emulsify.
- Season with salt and pepper, and reserve until needed, shaking to re-emulsify before using.
- **And now, finish the Salad:**
- In a large bowl, combine the Swiss chard leaves, pea shoots, peas, apple, blueberries, walnuts, and Mandarin oranges.
- Using a slotted spoon, strain the Pickled Swiss Chard out of the liquid and add to the bowl. Toss well to combine.
- Drizzle the Green Apple Vinaigrette over the salad and toss well.
- **Serve the Lamb and the Salad:**
- Carve the lamb into slices
- Transfer the slices to serving plates, drizzle with the Lamb Gravy and serve immediately.
- Plate the salad opposite and serve immediately.

Sit down and enjoy – great work!

- **Make the Cheddar Frico and Serve the Panna Cotta:**
- Heat a large non-stick skillet over medium-low heat. Sprinkle in about 1 ½ tablespoons (22 ml) of the cheese mixture to form a 4-inch (10 cm) round.
- Allow to cook until the cheese has melted and is becoming firm, 1-2 minutes.
- Using a small spatula, turn and continue to cook the frico until firm and slightly golden, 15-30 seconds more.
- Transfer to a parchment-lined plate to cool and repeat with the remaining cheese.
- Retrieve the panna cottas from the refrigerator.
- Top each one with a Cheddar Frico and some sliced green apple
- Serve

You did it! Take a bow!