



Roasted Rack of Lamb with Rosemary-Pomegranate Sauce and Goat Cheese Potato Cake

READY IN



125 min.

SERVINGS



4

CALORIES



853 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apricot preserves
- 2 carrots julienned peeled
- 1.5 cups chicken stock see
- 1 small daikon julienned
- 2 cups demi glace
- 1 eggs
- 2 tablespoons flour all-purpose

- 1 large sprig rosemary fresh
- 2 tablespoons rosemary fresh finely minced
- 2 tablespoons thyme leaves fresh finely minced
- 0.5 cup goat cheese
- 1 tablespoon grapeseed oil
- 4 servings grapeseed oil
- 4 servings reserved lamb trimmings
- 4 servings lamb loins racks of trimmed for sauce (8-rib)
- 3 tablespoons pomegranate juice concentrate
- 4 servings salt and pepper black freshly ground
- 0.3 pound snow peas julienned
- 2 tablespoons butter unsalted cut into cubes
- 3 yukon gold potatoes

Equipment

- frying pan
- sauce pan
- oven
- whisk

Directions

- Special equipment: 4 small cast iron pans, 2 to 3 inches wide
- For the lamb: Preheat the oven to 375 degrees F.
- Heat a large saute pan over medium-high heat and add the oil. Season the lamb with salt and pepper. Sear the lamb racks, fleshiest side down first.
- Let sit and brown about 2 to 3 minutes. Flip and sear the other side. Repeat with the other rack.
- Transfer lamb racks to a sheet pan.
- Combine the thyme and rosemary and press an even amount into each seared lamb rack.

- Let sit for a few minutes.
- Roast the lamb in the oven for 12 to 15 minutes.
- Remove from the oven and let rest for 5 minutes.
- Heat the apricot jam in a small saucepan over low heat. When the jam is melted, turn off the heat.
- Brush a light coating of jam on each piece of lamb.
- Heat a deep saute pan over medium heat and add the oil, lamb trimmings, and rosemary. Cook until the fat is a little cooked down and the trimmings are deep golden brown, 3 to 5 minutes.
- Deglaze the pan with the chicken stock. Reduce by two-thirds.
- Stir in the demi glace and pomegranate juice concentrate. Simmer until thickened, about 5 minutes.
- Remove from the heat.
- Strain the sauce and set aside. Just before ready to serve, re-warm the sauce and whisk in the butter. Taste for seasoning.
- Add salt and pepper, if needed.
- For the potato cakes: Preheat the oven to 400 degrees F.
- Grate the potatoes and blend with the flour, egg, salt, and pepper.
- Drizzle the oil into the small cast iron pans and fill halfway with the grated potatoes. Top the potatoes with salt, pepper, and goat cheese. Top with the remaining potatoes.
- Bake the potato cakes in the oven until golden brown and cooked through, 20 to 30 minutes.
- Turn the pans over to unmold the potato cakes.
- Heat a saute pan over medium heat and add some oil.
- Saute the julienned vegetables and season with salt and pepper. Cook until the vegetables are just softened, 3 to 5 minutes. Taste a bite and cook for another minute if the vegetables are still hard.
- To plate: Slice off 2 chops from each rack and then cut the meat from the rest of the rack into slices.
- Serve each guest 1 lamb chop on the bone and 3 slices of boneless meat.
- Serve with a potato cake and sauteed vegetables.

Nutrition Facts

PROTEIN **21.84%** FAT **39.88%** CARBS **38.28%**

Properties

Glycemic Index:105.65, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:26.393478331359%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 852.55kcal (42.63%), Fat: 37.48g (57.67%), Saturated Fat: 10.32g (64.51%), Carbohydrates: 80.97g (26.99%), Net Carbohydrates: 74.41g (27.06%), Sugar: 25.88g (28.75%), Cholesterol: 73.11mg (24.37%), Sodium: 2671.86mg (116.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.18g (92.36%), Vitamin A: 6163.3IU (123.27%), Vitamin C: 69.84mg (84.65%), Iron: 7.7mg (42.77%), Vitamin E: 5.79mg (38.59%), Vitamin B6: 0.68mg (33.75%), Potassium: 1075.12mg (30.72%), Copper: 0.58mg (29.24%), Fiber: 6.56g (26.26%), Phosphorus: 251.85mg (25.18%), Manganese: 0.5mg (24.85%), Vitamin B2: 0.38mg (22.4%), Folate: 87.82µg (21.95%), Vitamin B3: 3.98mg (19.92%), Vitamin B1: 0.27mg (18.21%), Magnesium: 72.27mg (18.07%), Vitamin K: 16.37µg (15.59%), Selenium: 9.44µg (13.49%), Calcium: 133.52mg (13.35%), Vitamin B5: 1.25mg (12.47%), Zinc: 1.37mg (9.15%), Vitamin B12: 0.21µg (3.51%), Vitamin D: 0.44µg (2.93%)