



# Lamb Rack



- 1 lamb rack
- 2 tablespoon black mustard seeds crushed
- 1/3 cup red wine
- 1 carrot large diced
- 2 ribs celery diced
- 1 medium white onion diced
- 2 cloves garlic minced
- 2 bay leaves
- 1 cup demi –glace or strong beef stock

Remove the loin and blade from the lamb rack discard the blade (a flexible piece of cartilage located in the fat layer above the loin) and set the loin aside. In a heavy bottom pan over medium high heat sear the ribs add the onion celery carrot and garlic. deglaze the pan with the red wine add the demi-glace and bay leaf place in a 300 degree oven until the meat is tender about 1 ½ hours. Spread the crushed mustard seeds on a plate or cutting board and roll the lamb loin in the mustard and sear in a heavy bottom pan to the preferred doneness.

## Gnocchi

- 1 cup flour
- 1 ½ cups ricotta
- 1 lemon
- 1 egg
- 4 leaves of sage chopped
- Salt and pepper

Mix the ricotta lemon juice and zest sage and egg fold in the flour salt and pepper. Bring a medium pot of water to a simmer. using 2 soup spoons scoop one spoon full of the gnocchi mix and using the other spoon form a quenelle and drop it into the simmering water, repeat. Cook until firm and begin to float.

## Wilted spinach

- 2 cups spinach
- 1 shallot thinly sliced
- 1 clove garlic minced
- 2 tablespoons white wine
- 1 tablespoon butter
- Salt and pepper

In a pan over medium heat melt the butter and sweat the shallots and garlic add the spinach and white wine and cook until the spinach is just wilted.