



RE: Lamb T-bones

It was suggested to me recently by my sales gal at Bush Bros Meats....

As a change from the traditional RACKS (see note**) that I try a cut of lamb they sell that is similar to a traditional T-bone steak.

So, I tried them and thought that a mint pesto would add a brightness of flavor and vibrant color, while the dauphinoise (a twist on a gratin) includes starchy rutabagas as a base. Actually, I had a bunch from a friend's garden and was trying to come up with new ways to use them.

Anyway, this was silly easy and super scrumptious... Soooo, Hope YOU will give it a go sometime!!

Note** Typically I dislike serving Rack with the bones on the plate and I cut the loin from the bones then tie it back on and brown/roast as usual...untying the loin from bones and then slicing

For the lamb:

- Four 8-ounce lamb t-bone steaks
- Salt and pepper
- 2 tablespoons canola oil

For the rutabaga dauphinoise:

- 1 pound rutabaga, peeled and sliced into 1/8-inch thick rounds
- 2 cups heavy cream
- 2 egg yolks
- ¼ cup goat cheese, crumbled
- ¼ manchego cheese, shredded

For the mint pesto:

- ¼ pound fresh mint
- 2 tablespoons pine nuts, toasted (you can try walnuts too)
- Juice of 1 lemon
- 1 garlic clove, chopped
- 1 cup olive oil, preferably extra-virgin

Directions

For the lamb:

Start by seasoning both sides of the lamb with salt and pepper. Rub each steak lightly with a ½ tablespoon of canola oil and place onto a hot grill. Let the first side cook for 8 minutes and then flip, cook the lamb for another 8 minutes on the second side. Total grilling time for medium-cooked lamb should be between 15–18 minutes, or until the internal temperature of the meat reaches 130 degrees. When finished, remove the lamb from the grill and allow it to rest for 5–7 minutes before serving.

For the rutabaga dauphinoise:

Add the peeled and sliced rutabagas to a thick-bottomed pot with the heavy cream and place over medium heat. Once cream is hot, continue to cook the rutabagas for about 15 minutes longer or until slightly al dente. Season with salt and pepper, and remove from heat.

Preheat the oven to 350 degrees. To a medium-sized bowl, add egg yolks and goat cheese and whisk the two together. Add a little bit of the hot cream from the pot (to temper the eggs...meaning don't add too much at once, or the eggs will scramble). Once egg mixture is tempered, fold into the rutabagas. Place mixture into a greased baking pan, and top with shredded manchego.

Cover the baking pan with foil and place it into a water bath, cook in the oven for 45 minutes. After baking, remove water bath and foil, place the dauphinoise back under broiler for 1–2 minutes to brown the cheese on top.

For the mint pesto:

Add the first four ingredients to a blender and pulse to combine. Slowly drizzle in olive oil while continuing to blend until pesto is formed.