

Pistachio Crusted Rack of Lamb with Rosemary Polenta

Serves 4

INGREDIENTS

1 kg rack of lamb
1 shallot
60 g butter
50 g pistachios
50 g breadcrumbs
1 egg
1 tbsp mustard
5 tbsp olive oil
½ tsp whole nutmeg (divided)
250 g green olives
500 ml chicken broth
100 ml cream
3 sprigs rosemary
120 g polenta
50 g Parmesan cheese
salt
pepper



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METHOD

1. Finely dice shallot and sauté in a pan on Induction Hob **heat setting 5** in butter for approx. 3 – 5 min., or until translucent. Using a knife, roughly chop the pistachios. In a large bowl, mix together the pistachios, breadcrumbs, egg, mustard, olive oil and the shallot. Using a fine grater, grate nutmeg into pistachio mixture. Season to taste with salt and pepper and stir well. Place pistachio mixture onto a large piece of plastic wrap. Form into a cylindrical shape and tightly wrap. Transfer to refrigerator and allow to set.
2. Roughly chop green olives. Add chicken broth, cream and rosemary leaves to a saucepan on Induction Hob **heat level 7** and season with salt and pepper. Grate in nutmeg and bring to a boil. Add polenta and stir constantly until the mixture thickens. Mix in olives and grate in Parmesan cheese. Stir well to combine, set aside and keep warm.
3. Preheat oven to **180°C Circo Therm®**. In an ovenproof frying pan, heat up some olive oil and sauté the lamb on Induction Hob **heat level 7** for approx. 3 – 5 min per side. Season to taste with salt and pepper. Let the lamb cool down a little in the pan. Remove pistachio mixture from plastic wrap. Spread on top of lamb. Place frying pan in the preheated oven and cook at **180°C** for **approx. 10 min**. Enjoy with polenta!