



Milk-fed lamb from mauleon, fresh vegetables cooked in Juice

Ingredients for 4 people

- 2 racks of lamb, 6 ribs
- 1 Lamb saddle
- 4 garlic cloves
- 1 sprig of savoury
- Flower of salt
- Espelette pepper powder
- Olive oil

Fresh vegetables

- 4 tbsp of summer peas, cooked and peeled
- 2 tbsp of broad beans, cooked and peeled
- 12 new season carrots
- 12 new season turnips
- 6 new season onions
- 6 artichokes
- Some sprouts of yarrow
- 2.5 dl. chicken stock
- 50 g. butter
- 2 cl. of olive oil
- Flower of salt
- Ground black pepper

Preparation

Lamb

Prepare the lamb: bone the saddles, cut the top layer of skin, incise slightly and slice each piece in two. Put aside the filet mignon.

French the racks, and keep only two ribs per piece; like the saddles, cut in two. Knead the meat (except the filet mignon) into the flower of salt, dust slightly Espelette pepper, moisten with olive oil and leave marinate for 2 hours with the crushed garlic cloves.

In a fry pan, heat the olive oil, brown the pieces of lamb and cook in oven for 10 minutes approximately. Remove the meat, finish the juices cooking, deglaze with a bit of chicken stock and execute a reduced gravy.

The fresh vegetables

Wash and peel the carrots, the turnips and onions. Cut harmoniously the artichokes; remove the chokes and keep them in a lemon-flavoured water.

In a fry pan, heat olive oil, cook the strained

artichokes, salt and add a bit of chicken stock, and cover.

In another fry pan, do the same operation for the carrots, the turnips and the onions. Check the cooking with a knife.

Once cooked, remove the vegetables, boil down the cooking juices to 30%, put the vegetables again, add the peas and the beans; thicken with the butter, and season to taste.

Finishing

Add the yarrow to the vegetables, put them in the middle of the plate, and then the pieces of lamb. Pour the sauce with the reduced juice, and grind the pepper.