

Australian Lamb Loin “ensous-vide” Baby Eggplant, Goat Cheese Croquette, Wilted Arrowleaf Spinach, Rosemary Jus



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Ingredients:

- 4 each lamb loin
- 4 each baby eggplant
- 1 pound spinach
- 250 grams goat cheese
- Salt and pepper
- 1 bunch chives chopped
- 1 teaspoon 25 year old balsamic vinegar
- 1 bag panko bread crumbs
- 8 sprigs rosemary

Instructions:

1.) The first step that you are going to do is to take the lamb out and clean any excess fat around the outside. Once you have completed that, season the lamb with salt and pepper and then lay down a piece of plastic film wrap on your work surface. Now, roll the lamb up in the plastic film wrap making sure it is very tight. Next, take the lamb and place in a crovac bag and seal the lamb. Fill up a pot of water and place the immersion circulator in the water and set it to read 135 degrees, if you do not have a circulator, try to regulate the water with a digital thermometer. Submerge the lamb in the water and cook it for about 15 minutes, until it feels medium rare. You will then place that in a hot pan and sear it on all sides to seal in the juices, let rest for 3 minutes, cut and serve.

2.) To assemble the goat cheese filling, begin by placing the goat cheese in a bowl, with the salt and pepper to taste, balsamic vinegar, and chopped chives. Mix together and form small balls. Chill those, then in a traditional breading method, dip the goat cheese balls in flour, egg wash, the panko breadcrumbs. Deep fry at 365 degrees until golden brown.

3.) In a hot sauté pan, add 1 tablespoon of butter, then the spinach, salt and pepper, wilt down. In another sauté pan, sear the eggplant in butter and cook for about 2 minutes.

