

# Alberta Lamb 2-Bone Rack with Quinoa



## Your Notes

### Ingredients:

**Lamb:** Alberta Lamb rack cut into three 2-bone racks, Tbsp. olive oil, 1 tbsp. fresh chopped rosemary, 1 tbsp. fresh chopped thyme, sea salt and pepper, 1 cup red wine, 1 cup demi-glacé

**Quinoa:** 1 cup quinoa, 2 cups orange juice, 1 tsp. Olive oil, ½ cup diced red, yellow, and green peppers, ¼ cup diced red onions, 1 clove chopped garlic, 1 tbsp. chopped parsley, 1 tbsp. chopped basil

**Beet Puree:** 2 medium beets, salted water

**Carrots and Brussels Sprouts:** 6 carrots, 6 Brussels sprouts, 1 litre of lightly salted water, 1 tbsp. olive oil

### Method:

**Lamb:** Rub the lamb with the olive oil and roll in chopped herbs to coat. Season with cracked pepper and salt. Preheat oven to 350°F. Place the lamb on an oven tray, wrapping the bones with tin foil to avoid them burning. Roast in pre-heated oven for approximately 15 minutes or until it reaches an internal temperature of 130°F. Remove from oven and let rest on the rack. Deglaze the catch pan with the red wine and reduce to half. Add the demi-glacé to form a rich sauce.

**Quinoa:** Heat orange juice in a small sauce pan and bring to a boil. Add the quinoa and simmer until tender (approximately 15 minutes). Add the peppers, onion, garlic, parsley and basil. Lightly season with salt and pepper, and let stand for 10 minutes. Stir in olive oil.

**Beet Puree:** Boil beets for about 45 minutes or until very tender. Remove from the water and place in a food processor. Blend until smooth. Season with a little salt and white pepper.

**Carrots and Brussels sprouts:** Bring lightly salted water to a boil. Simmer carrots until "Al dente" (approximately 5 minutes). Remove from the water and cool. Cut carrots in half lengthwise. Heat oil in a frying pan. Peel leaves from the Brussels sprouts and add to the pan, with the halved carrots. Toss lightly and remove from the heat.

Streak beet puree on plate, add a spoonful of quinoa and top with lamb. Arrange vegetables on the side.

*Photo and recipe credit: David Flegel*



**GREAT** taste!  
[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)