



Seared Lamb Loin with Root Vegetables and Couscous

Nickel & Nickel State Ranch Cabernet Sauvignon, Yountville, Napa Valley

by Executive Chef Trevor Eliason

Ingredients

Couscous:

- 4 tablespoons butter
- 1/2 cup shallots, chopped
- 3 cups chicken stock
- Salt, to taste
- Freshly ground pepper
- 1 1/2 cups couscous
- 2 tablespoons grapeseed oil
- 2 cups butternut squash,
medium dice
- 1 cup rutabaga, medium dice

Seared Lamb Loins:

- 2 lamb loins, cleaned
- Salt and pepper, to taste
- 2 tablespoons grapeseed oil
- 4 tablespoons butter
- 5 thyme sprigs
- 3 garlic cloves, smashed

Parsley Coulis:

- 1 bunch flat leaf parsley
- 1 cup olive oil
- 1/2 teaspoon salt
- 1 small garlic clove
- 1 teaspoon lemon zest

Couscous Seasoning:

- 1/2 cup pine nuts, toasted
- 1/2 cup parsley, chopped
- 1 bunch chives, chopped
- 1 tablespoon lemon juice

METHOD

Couscous Preparation:

Melt four tablespoons of the butter in a large sauté pan. Add the shallots and cook for three minutes over medium heat. Add the chicken stock, a pinch of salt, and three grinds from your pepper mill. Raise the heat to high and bring the stock to a boil. Turn off the heat and add the couscous. Cover the pan and let it stand for 10 minutes. Set aside.

In a large sauté pan, heat the grapeseed oil on high heat, and add the diced butternut squash. Turn the heat down to medium and sauté the squash until each it turns a golden color on each side. Place the squash in a 350°F oven for five to seven minutes, or until tender. Do the same with the rutabaga, though it may need less time in the oven.

Lamb Preparation:

Season the lamb loins with salt and pepper. In a large sauté pan, heat two tablespoons of grapeseed oil on high heat. Sear each side of the loins until golden brown. Add the four tablespoons of butter, thyme sprigs, and smashed garlic cloves. When the butter has melted, baste the lamb loins with the butter, making sure to roll the loins to cover all sides. Cook until the temperature reaches 125°F for medium rare. If you desire a medium temperature, place the pan in the oven for five to six minutes at 350°F. Set aside to rest.

Parsley Coulis Preparation:

Snap the parsley bunch in half and place in a blender. Add the olive oil, salt, garlic clove and lemon zest, and purée the ingredients on high for two minutes. Check seasoning and chill.

Presentation:

In a large bowl, add the couscous, sautéed butternut squash and rutabaga, toasted pine nuts, a pinch of salt and pepper, chopped parsley, chopped chives, and lemon juice. Gently mix and taste for seasoning.

Cut each of the rested lamb loins into eight equal slices. Place four warmed plates out and portion one cup of the couscous salad on each plate, then four beautifully seared lamb portions around the couscous. Drizzle the parsley coulis around the lamb loins, and serve. Enjoy with a glass of Nickel & Nickel State Ranch Cabernet Sauvignon!

Serves 4