

FARM at the Carneros Inn
Sonoma Rack of Lamb with Black Olive Tapenade, Eggplant and Parmesan Polenta
Paired with Pahlmeyer, 2005 Jason Red

Ingredients:

1 whole lamb rack	1 cup pitted kalamata olives chopped
2 backed eggplant	1 Tbsp capers, finely chopped
2 oven roasted roma tomatoes	1 cup corn meal polenta
1 cup olive oil	1 cup parmesan cheese, grated
2 pinches cayenne pepper	8 cups veal stock

Methods:

Polenta: Start milk and cornmeal in sauce pan stirring constantly. When it starts to simmer add the grated parmesan, keep stirring over heat until it leaves 3 second trails in pan, taste and season as necessary. Immediately spread polenta out on flat half hotel pan, cover with plastic wrap and let cook in refrigerator for 2 hours. When firm, cut approx. 4 each 2” diameter circles with a round cutter. Set aside for final plate up.

Roasted Eggplant Puree: Slice eggplant in half length wise score with a paring knife. Place on a baking sheet skin side down, season flesh with salt and olive oil. Bake in a 400° oven until just brown and mushy. Peel and halve the tomatoes, scoop out seeds, season with salt and olive oil. Spread out on a baking sheet and roast in a 350°F oven for 45 minutes. Scoop eggplant out of skin, puree with tomatoes, 2 tablespoons olive oil, cayenne pepper and salt to taste.

Olive Tapenade: Mix chopped olives, 1 teaspoon finely chopped garlic, 2 tablespoons finely chopped capers and 1 tablespoon olive oil. Store at room temp.

Lamb & Sauce: Butcher both half racks of lamb by removing all fat and silver skin and French bones. Discard fat, sauce and all other trimmings. Cut half racks in half just after the 3rd bone on the larger loin side. Remove 2 of the bones on quarter racks with 5 bones to make them all have 3 bones each. Set portions aside. Brown bones and trimmings in sauce pot. Cover with veal stock and simmer until 2 cups of sauce remains and strain. Keep hot.

Plating: Season lamb with salt and pepper. Sear in sauté pan and roast in a 350°F oven until just under medium-rare, about 7 minutes. Let rest in pan for about 5 minutes before slicing. Warm eggplant puree and sauté polenta cakes in a nonstick pan. Place polenta cake down on plate first just off center. Place round cutter over polenta and place 1 tablespoon eggplant puree in and spread evenly. Finish mold with a layer of olive tapenade, remove cutter, and slice lamb between each bone, and fan around vegetable tower. Finish with Lamb sauce over the meat and around the plate and serve.