

Boneless Tenderloin of Lamb

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2007 Volker Eisele Family Estate Alexander Cabernet Sauvignon

Serves: 6 (recipe can be adjusted for more or less)

INGREDIENTS:

6 10-12oz boneless lamb loins, or
10-12 oz lamb racks
3 tablespoon Dijon mustard
2 tablespoon herbs de Provence
Salt, to taste
Pepper from the mill, to taste
Olive oil for cooking

FOR THE MARINADE:

½ cup Balsamic vinegar
1 tablespoon Soy sauce
2 teaspoon brown sugar
2 teaspoon chopped garlic
2 teaspoons chopped shallots
4 sprigs thyme

METHOD:

Trim silver skin from tenderloins or racks, chop garlic and shallots and assemble ingredients.

Preheat oven to 300°

Combine ingredients for marinade and mix well. Add lamb to marinade and let sit 1 hour at room temperature. Remove from marinade and pat dry. In a medium size sauté pan (one that will fit 2 racks or tenderloins) heat olive oil until just starts to smoke, salt and pepper lamb and cook 2 at a time until golden brown, 2-3 minutes per side, changing oil after each batch.

Brush lamb with Dijon and sprinkle with herb de Provence and place on sheet pan that will fit all 6. Bake at 300° for 5 to 7 minutes for medium rare, longer if you prefer more done. Let rest for 5 minutes before cutting and serving.