

Rack of Lamb with Ancho Chile Blackberry Port Sauce

Phillis Carey cooking class, 9/2013

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Servings: 8

- LAMB PREP:** Unwrap lamb and pat dry with paper towels. Combine the garlic, cilantro and oil, mixing to form a paste. Rub all over the lamb and let stand at room temp for 45 minutes, or cover and refrigerate for 3-4 hours.
- ANCHO SAUCE:** Combine the ancho chiles and water in a small bowl and let stand 1 hour. Drain well, reserving the soaking liquid. Remove the seeds and stems and puree in a food processor with the garlic and about 1/2 cup of the liquid, or more if needed.
- PORT SAUCE:** Melt HALF the butter in a medium non-reactive saucepan over medium heat. Cook the celery, carrot, and onions until soft. Add the peppercorns, port, red wine, cranberry juice concentrate, ancho puree, brown sugar, and stock and cook over high heat, stirring occasionally, until reduced by half. Strain into a clean pot, add the blackberries, and cook over medium heat until the blackberries are warmed through. You may crush them with the back of a fork if preferred. Season with salt, to taste. Add the remaining butter in little pieces and allow it to melt without bringing it to a boil. The sauce is on the thin side - if you prefer a thicker sauce, remove a little bit of the sauce after you've reduced it by half, allow it to cool and shake it up in a sealed jar with about a T. of flour. Add into the sauce and cook for 3-5 minutes before finishing with the butter.
- LAMB ROASTING:** Preheat oven to 425°F on convection/bake if it's available. Heat a large skillet over medium-high heat. Season the lamb racks with salt and pepper and brown them on all sides, fatty side first. Transfer lamb to a parchment-lined baking sheet and roast for 15-20 minutes or until the internal temperature reaches 120°F. If you prefer it medium, cook it until it reaches 125°-130°. Remove pan from oven and tent with foil, allowing it to rest for 5-8 minutes before cutting the chops individually and serving onto hot plates with a fresh blackberry for each serving. Do serve with a carb (rice, mashed potatoes, polenta or pasta) to soak up the sauce.

LAMB:

- 3 pounds racks of lamb (two 1 1/2 lb racks)
- 4 cloves garlic, minced
- 2 tablespoons cilantro, chopped
- 1/4 cup grapeseed oil (or vegetable oil)

ANCHO PUREE:

- 3 whole ancho chiles (dried pasilla)
- 3 cups boiling water
- 1 teaspoon minced garlic

PORT SAUCE:

- 4 tablespoons unsalted butter, divided use
- 2 celery stalks, finely diced
- 1 medium carrot, finely diced
- 2 small yellow onions, finely diced
- 1 tablespoon whole black peppercorns
- 1 cup Port wine (use Ruby port)
- 1 cup red wine
- 1 cup cranberry juice concentrate
- 1/2 cup ancho chile puree (recipe included here)
- 1/4 cup dark brown sugar
- 4 cups chicken stock
- 1 cup blackberries, fresh (remove 6-8 of them for garnish)

Salt

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Per Serving (excluding unknown items): 735 Calories; 55g Fat (72.9% calories from fat); 23g Protein; 23g Carbohydrate; 4g Dietary Fiber; 116mg Cholesterol; 1197mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.