

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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Hotel Unique, Sao Paulo, Brasil

Lamb Noisettes with Fried Cornmeal, Bananas and California Raisins Served with a Menthe Sauce



Serves 4

Ingredients

800g lamb *carre*
salt and pepper, to taste
4 tbsp Extra virgin olive oil

Sauce :

300ml lamb stock
5 tbsp dried *menthe*
100ml fresh cream
120g butter
salt and pepper, to taste

Fried cornmeal :

70g butter
8 bananas, slices into 1cm thick pieces
1 ½ cup flaked cornmeal, crumbled
20g parsley
20 green onions, chopped
80g Californian raisins
1 egg
salt and white peppercorns, to taste

Garnish :

fresh *menthe*
4 figs, grilled and cut into 4 pieces

Method

For the sauce: Over medium heat, simmer the lamb stock with the dried *menthe* for 5 minutes. Add the fresh cream and boil for 2 more minutes. Remove from heat and add the butter. Season with salt and pepper.

For the cornmeal: Melt the butter in a saucepan over high heat. Add the bananas and fry, stirring constantly, for about 3 min. Then add the cornmeal, season with salt and pepper to taste. Add the parsley and green onions, the Californian raisins and the egg and mix well. Remove from heat. Transfer to a platter and serve.

For the lamb: Season the lamb pieces with salt, pepper and olive oil. Grill them to medium-rare doneness. Slice the lamb thinly (about 2cm each).

Assembly

Use a ring mould to arrange the cornmeal in the center of a large plate. Add the lamb around it, spoon some sauce around and garnish with some fresh *menthe* and figs.