

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of **Marc Francois Bonard** Le Cordon Bleu, Tokyo, Japan

Lamb Chops coated in Dried Fruit and Nuts, California Raisin Couscous, Cumin Flavoured Jus



Serves 3

Ingredients

- 1 rack of lamb, chopped
- 2 tbsp oil
- salt & freshly ground pepper, to taste
- 50g California raisins
- 50g almonds, chopped
- 50g hazelnuts, chopped
- 50g dried apricots

Lamb jus :

- lamb trimmings
- 2 tbsp oil
- 2 shallots, finely chopped
- 50ml white wine
- 300ml water or veal stock
- 5g cumin seeds

Couscous :

- 100g couscous grains (medium)
- 200ml water
- 1 sprig thyme
- 2tbsp olive oil
- salt & freshly ground pepper, to taste
- ½ red bell pepper, *brunoise*
- ½ green bell pepper, *brunoise*
- ½ bunch mint leaves, shredded
- 50g California raisins

Vinaigrette :

- ½ tbsp mustard
- 40ml sherry vinegar
- 300ml peanut or sunflower oil
- salt & freshly ground pepper, to taste

Method

For the lamb jus: Heat oil in a pan, brown trimmings, add shallots and cook until lightly coloured. Deglaze with white wine, add water or veal stock and simmer over low heat for 30 minutes. Skim frequently. Remove from heat and strain. Toast cumin seeds in a pan, then add them to the lamb *jus* and leave to infuse 5 minutes. Strain jus, adjust seasoning and keep warm.

For the vinaigrette: Mix mustard, vinegar, salt and pepper in a bowl. Whisk in oil. Adjust seasoning, reserve.

For the lamb chops: Heat oil in a pan, add chops and brown on both sides, keeping the center pink. Season and remove from the pan, then drain and cool. Combine California raisins, almonds, hazelnuts and dried apricots, then spread a thin layer onto one side of each chop. Transfer to a baking sheet and reserve.

For the couscous: Heat water with a sprig of thyme, leaving it to infuse for 5 minutes before returning it to a boil. Add salt and pour water over couscous. Cover with plastic film and leave to steam. Just before serving add remaining ingredients and season with *vinaigrette*.

Serving

Heat fruit and nut coated chops in an oven. Place a timbale mould in the center of a plate, fill with couscous, then remove ring. Arrange two chops as desired on top of couscous. Drizzle a ring of lamb jus around the couscous.