

Chefs A' Field

Culinary Adventures That Begin on the Farm



GRILLED LAMB CHOPS WITH CORN BREAD PUDDING, CAPONATA & BALSAMIC MINT JUS

Chef Jeff Tunks of Ceiba, TehnPehn, & DC Coast Restaurants

CORN BREAD PUDDING

- 10** eggs
- 1** quarts cream
- 1** each onion, small dice
- 5** cups corn
- 1** Tablespoon roasted garlic
- 6** egg whites
- salt to taste

MARINATED & GRILLED LAMB CHOPS

- 8** Lamb chops
(preferably Icelandic or grass-fed)
- 2** tablespoons Rosemary, chopped
- 2** tablespoons Thyme, chopped
- 1** clove Garlic
- ¼** cup Extra Virgin Olive Oil

BALSAMIC MINT JUS

- 2** cups balsamic vinegar
(reduced to 1 cup)
- 1** cup reduced veal stock
- 2** tablespoons julienne of mint
- salt & pepper to taste

CAPPONATA

- 1** yellow summer squash, diced
- 1** green zucchini, small diced
- 1** small-medium eggplant, diced
- 1** Spanish onion, small diced
- 2** Roma tomatoes, small diced
- ½** cup golden raisins
- ½** cup kalamata olives, chopped
- ¼** cup capers
- ¼** cup chopped packed basil
- ½** cup toasted pine nuts
- 2** cups extra virgin olive oil
- 1** cup red wine vinegar
- salt & pepper to taste

This recipe serves 4

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FOR THE CORN BREAD:

Set aside half of corn. Puree remaining corn with cream. Mix puree with eggs, onion, garlic and remaining whole corn.

Whip egg whites to form medium peaks. Fold egg whites into puree and season with salt. Bake in 8" baking pan at 325 until set, about 1 hour.

FOR THE CAPONATA:

Heat large sauté skillet. Add all ingredients except red wine vinegar. Sauté until soft and add red wine vinegar. Let reduce until thick. Season with salt & pepper.

GRILLED LAMB CHOPS:

Marinate 8 lamb chops in rosemary, thyme, garlic and extra virgin olive oil for 3 hours or more.

Discard marinade and season chops with salt & pepper. Lightly grill on medium high flame for 3 minutes per side (grill time for 2" chops).

TO PLATE:

Place caponata on one side of plate, corn pudding on the other side of plate. Lean lamb chops against the caponata and pudding so that the bone is standing up. Drizzle balsamic jus around plate. Enjoy!

NOTE: Icelandic lamb is available by mail order or at participating Whole Foods Markets in the United States.

Courtesy of Chefs A' Field.