



LAMB AND ARTICHOKE FONDANT

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INGREDIENTS

0 MINUTES 2 SERVINGS

This recipe serves 2 but you'll have a little fondant mix left over

- 1 lamb rack
- 1 white onion
- 1 bulb of fennel
- 300 g butter
- 200 g cooked artichokes
- 60 ml white wine vinegar
- 250 ml Sauternes or sweet white wine
- 200 ml extra Virgin Olive oil
- 2 Eggs
- 1 Yolk
- 20 g plain gluten free flour
- 1 tsp Garam masala
- A touch of butter and flour for coating the moulds
- A spoonful of pesto and a handful of mint leaves

TAGS

#lamb #artichokes #fondant #minty #delicious





1

Take one lamb rack and season well with sea salt and pepper



2

Pan fry the lamb with a splash of oil, in order to crisp up the fat. Place in a pre-heated oven at 180 c. After around 10 to 12 minutes of roasting, take the lamb out and allow it to rest under foil until the rest of the dish is ready.



3

Finely dice half the white onion and half of the fennel bulb. Add the white wine or Sauternes and simmer gently until it has reduced almost completely



4

Now add the butter to the pan, once it has melted, add the artichokes



5

Toast the almonds, and garam masala and add the flour



6

Blend the artichokes to a pureé





7

Fold in the eggs, flour almonds and Garam masala



8

Rub four Daroile moulds with butter and then dust with flour. Make sure the moulds are properly coated otherwise you'll have problems getting the fondants out. Bake at 220c for 10 minutes



9

Take the other half of the onion and fennel bulb and finely dice them. Gently fry them in a pan with a splash of olive oil. Add a tablespoon of fennel seeds. Wait until you smell the spicy aroma of the seeds and take the pan off the heat. Add the white wine vinegar and reduce it. Finally add the rest of the oil



10

Take the fondants out of the oven and turn them out onto a plate without removing the mould. Carve the rested lamb into cutlets and season each one with salt. Arrange on the plate around the fondant, dress with the warm fennel dressing and finish with some pesto and fresh mint. Finally remove the mould and serve.

