



# RACK OF LAMB

## WITH ROASTED GRAPES, FENNEL & OLIVE BUTTER



**SERVES**

4



**METHOD**

OVEN ROASTED



**MINUTES**

90



**DIFFICULTY**

4/10

### INGREDIENTS

#### *Olive Butter:*

1/3 cup pitted niçoise olives  
3 tablespoons Dijon mustard  
1 tablespoon lemon juice  
**Freshly cracked black pepper**  
1/2 cup cold unsalted butter, diced  
**Salt, to taste**

#### *Roasted Grapes & Fennel:*

1 fennel bulb, trimmed and cut into 8 wedges  
3 cipollini onions, peeled and halved  
16 seedless red grapes, whole  
1/2 lemon, thinly sliced  
2 garlic cloves, minced  
1/4 teaspoon herbes de Provence  
3/4 teaspoon of salt  
**A few grinds black pepper**  
1/2 cup olive oil

#### *Lamb:*

1 2-pound rack of lamb, frenched, with an 1/8-inch fat cap  
**Salt**  
**Freshly cracked black pepper**  
**Herbes de Provence**  
1 tablespoon aged Sherry vinegar

In the bowl of a food processor, combine the olives, mustard, lemon juice and pepper. Pulse until the mixture forms a paste. Add the butter and process until the mixture is mousseline in texture. Add salt to taste and set aside.

Preheat the oven to 350° F. Set a length of aluminum foil on a sheet pan, leaving enough overhang on either end to seal. In a mixing bowl, toss the fennel, onions, grapes and lemon with the garlic, herbes de Provence, salt, pepper and olive oil, then pour the mixture onto the foil-lined sheet pan. Fold the foil tightly to seal into a packet. Transfer to the oven and bake for about 30 minutes, until the grapes are blistered and the fennel is fully cooked but not soft; a paring knife should meet with a bit of resistance. Remove the pan from the oven, increase the heat to 400° F and open the foil packet fully, letting the steam escape. Keep the packet open and return the sheet pan to the oven. Cook until the fennel and grapes are well-browned, about 25 to 30 minutes more. Remove from the oven and increase the heat to 450° F. Transfer the fennel, grapes, lemon and other solids to an oven-safe vessel and cover to keep warm. Reserve any accumulated juices separately.

Season the lamb aggressively with salt, pepper and herbes de Provence, and place fat-side up on a foil-lined baking sheet. Transfer to the oven. Flip lamb every 7 minutes until nicely browned, about 18 minutes total. An instant-read thermometer inserted between bones should register 120° F. Transfer lamb to a meat board and immediately brush all over with olive butter. Tent with foil and let rest 10 minutes; the meat's internal temperature should rise to 130° F, or medium-rare.

Uncover fennel and grape mixture. Measure out 1/4 cup of the reserved fennel and grape cooking liquid into a small bowl. If there's less than 1/4 cup, make up the difference with olive oil. Add the vinegar and stir to combine.

Slice the lamb between the bones into single chops. Divide the roasted fennel mixture among four dinner plates and top each with two lamb chops. Drizzle with the vinegar mixture.



# WHOLE SARDINES

## WITH PARSLEY



**SERVES**  
4-6



**METHOD**  
STOVETOP



**MINUTES**  
20



**DIFFICULTY**  
1/10

### INGREDIENTS

12 fresh sardines (2 ounces each), cleaned and scaled  
**Kosher salt**  
 1/4 cup extra-virgin olive oil, plus more for drizzling  
 6 garlic cloves, smashed  
 2 tablespoons chopped parsley, plus more for garnish  
 1 teaspoon crushed red pepper  
 2 tablespoons red wine vinegar  
**Lemon wedges**  
**Brusty bread, for serving**

*Inspired by the southern Italian dish Sarde Arraganate...*

Pat the sardines dry with paper towels and season generously with salt. In a large nonstick skillet, heat 2 tablespoons of the olive oil. Add 3 of the garlic cloves and cook over moderate heat, stirring occasionally, until fragrant, about 1 minute. Add half of the sardines, 1 tablespoon of the parsley and 1/2 teaspoon of the crushed red pepper. Cook over moderately high heat, turning once, until the sardines are browned and just cooked through, about 5 minutes. Add 1 tablespoon of the vinegar and cook until the liquid is reduced, about 1 minute. Discard the garlic and transfer the sardines to a platter; tent with foil. Wipe out the skillet and repeat with the remaining olive oil, garlic, sardines, parsley, crushed red pepper and vinegar.

Drizzle the sardines with more olive oil and garnish with chopped parsley. Serve warm with lemon wedges and crusty bread.



## SPINACH & MUSHROOM-STUFFED BEEF TENDERLOIN



**SERVES**

4



**METHOD**

STOVETOP/GRILLING



**MINUTES**

120



**DIFFICULTY**

4/10

### INGREDIENTS

1 whole 5-pound beef tenderloin, trimmed of silverskin and butterflied  
 3 tablespoon unsalted butter  
 1/4 cup finely chopped shallots  
 10 ounces button mushrooms, cut into 1/2-inch slices  
 2 cloves freshly minced garlic  
 1/2 teaspoon crushed red pepper  
 10 ounces frozen chopped spinach, thawed and squeezed dry  
**Kosher salt**  
**Freshly ground black pepper**

To make the filling: Melt butter in a 12-inch skillet over medium-high heat until foaming subsides. Add in shallots and cook, stirring occasionally, until softened, about 5 minutes. Add in mushrooms and cook, stirring occasionally, until well browned, about 7 minutes. Stir in garlic and crushed red pepper and cook until fragrant, about 30 seconds. Add spinach and cook until warmed through, about 2 minutes. Remove from heat and season with salt and pepper to taste.

Lay butterflied tenderloin opened flat. Season generously with salt and pepper. Spread filling over tenderloin, leaving about 1/2 an inch edge with no stuffing. Roll tightly into a cylinder and tie shut with butcher twine at 1-inch intervals. Season outside of beef generously with salt and pepper. Let rest for 45 minutes while preparing grill.

Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place tenderloin on cool side of grill, cover, and cook until an instant read thermometer reads 120°F degrees when inserted into the thickest part of the beef. Transfer beef to hot side of grill and cook until well browned, 2-3 minutes per side. Transfer to a cutting board and let rest for 15 minutes. Remove twine and cut into 1-inch slices and serve.



# STRIPED BASS

## WITH CAPERS & HAZELNUT BROWN BUTTER



**SERVES**

4



**METHOD**

OVEN ROASTED



**MINUTES**

20



**DIFFICULTY**

3/10

### INGREDIENTS

4 6-ounce striped bass fillets, skin on and scales off

**Coarsely ground black pepper**

**Kosher Salt**

4 tablespoons unsalted butter, divided

1/4 cup Hazlenuts, coarsely chopped and toasted

1 tablespoon Italian parsley, chopped

1 teaspoon lemon peel, grated

**Lemon wedges**

2 tablespoons capers, drained

Sprinkle fillets with salt and ground peppercorns on the flesh side. Melt 1 tbsp. butter in large nonstick skillet over medium-high heat. Add fillets, skin side down making sure to press on the fish with your spatula while it is cooking. Cook until browned-skin should be crispy at this point, 2 to 3 minutes. Turn fillets over; cook until opaque in center and slightly browned, 2 to 3 minutes. Transfer to plates; cover to keep warm. This striped bass with capers and hazelnut brown butter recipe will make your taste buds tingle with flavor.

Add hazelnuts to same skillet over medium heat. Keep chopped hazelnuts constantly moving in the pan to avoid scorching them. Toast until golden, 1 to 2 minutes. Add 3 tbsp. butter and cook until golden brown- keep moving the pan in a swirling motion as not to burn the milk solids in the butter, 2 to 3 minutes, add the capers. Season with salt and pepper. Plate fish skin side up-divide sauce among fillets; sprinkle with parsley and grated lemon peel. Finish each fillet with some fresh squeezed lemon juice to taste.