

2014 BFS Food Show **CULINARY COMPETITION RECIPE**



Chef Gia Wilson
Meliá Nassau Beach

Pistachio Crusted Lamb Loin, Tri-Coloured Roasted Potatoes, Balsamic Glazed Mushroom and Cherry Tomatoes in Creamy Lemon Infused Spinach Sauce and Herbed Red Wine Sauce



Serves 2

Pistachio Crusted Lamb Loin

2 Mountain State Rosen® lamb loin chops
4 tbsp Basso® olive oil
¼ cup pistachios (without shells)
¼ cup bread crumbs
½ tsp Badia® black pepper
¼ tsp fresh parsley
4 tbsp mustard
Salt to taste

Method

1. Preheat oven to 400° F.
2. Process pistachios, bread crumbs, parsley, salt and pepper to a fine crumb.
3. Mix in 1 tbsp olive oil and combine well.
4. Wash lamb, pat dry and season with salt, pepper, garlic and thyme.
5. Heat olive oil in a skillet over high heat. Brown lamb chops 3 minutes per side.



6. Place lamb fat side up in a roasting pan. Spread mustard on top.
7. Pat

- pistachio breadcrumb mixture into mustard coating. Press in well to stick.
8. Roast lamb 20-25 minutes for medium-rare, 130° F.
9. Remove from oven and let rest 5 minutes.
10. Cut lamb into 3-4 medallions per serving.

Creamy Lemon Infused Spinach Sauce

¼ cup Anchor® butter
1 cup spinach, packed - cooked, squeezed dry and puréed
¼ cup heavy cream
2 tbsp grated parmesan cheese
1 lemon, zested and juiced
Salt & freshly ground black pepper

Method

1. Brown butter in medium saucepan over medium heat.
2. Mix in remaining ingredients except for salt and pepper and heat through, stirring constantly.
3. Season to taste.



All recipes online at www.bahamafood.com/foodshow

