



Truffle Shuffle

Spiced Lamb Sirloin

with Mom's Rice and Slow-Roasted Sweet Carrots

Mise en Place

Cutting board
Knife
Kosher salt
Sheet tray
Aluminum foil

Mixing bowl
Tongs
Large spoon
2 sauce pots
Fine mesh strainer

1 cup measuring cup
Whisk
Microplane/cheese grater
Large cast iron pan or saute pan
2 cups water

Ingredients

* Please keep refrigerated before class *

1 bunch sweet carrots *
¼ cup grapeseed oil
1 packet Balinese Truffle Salt
1 lamb sirloin *
Chef David's lamb rub

½ cups Calrose rice
½ bunch parsley *
1 bunch chives *
24 ounces chicken broth *
4 ounces (½ cup) unsalted butter *

1 lime
1 tablespoon whole grain mustard *
1 teaspoon mustard oil *

*****Homework: The Night Before Class*****

1. Preheat your oven to 300F.
2. Wash the carrots and cut off the tops off (leaving them unpeeled). Place in a mixing bowl, along with 1 tablespoon of the grapeseed oil and a pinch of Balinese Truffle Salt. Toss to coat.
3. Line a sheet tray with aluminum foil. Spread the carrots on the sheet tray, and transfer to the oven to roast.
4. Roast for 2-2½ hours, rotating the pan every thirty minutes. They'll be fully soft and slightly dehydrated.
5. Allow the carrots to cool to room temperature, then cover and transfer to your fridge overnight.

*****Homework: One-Two Hours Before Class*****

1. Remove the carrots from your refrigerator and set aside to temper.

Prep During the Class

*****Just before the class begins, remove the lamb from its packaging and dab dry with paper towels. Allow it to sit on a paper towel-lined plate to temper.*****

1. In a mixing bowl, combine the spice rub and the lamb sirloin. Rub the lamb sirloin with love, ensuring the spice rub covers the lamb in one even layer.
2. In a sauce pot over high heat, bring 2 cups of water and 1 teaspoon of the grapeseed oil to a boil.
3. Wash the rice in a mixing bowl until the water runs clear, then drain in a strainer.
4. Stir the rice into the boiling water and reduce the heat to maintain a simmer.
5. Allow the rice to simmer until the water is below the top of the rice, about 5 minutes.
6. Stir, turn the heat to low, and cover. Continue simmering for 20 minutes, then turn off the heat and fluff the rice with a fork. Cover and allow the rice to steam for 20 minutes more.
7. Chop the carrots and transfer to a small bowl.
8. Slice the chives, wash and chop the parsley, and dice the butter.

How to Cook

1. Heat a cast iron pan over high heat.
2. Add the remaining grapeseed oil. When the oil begins to smoke, add the lamb to the pan, fat side down and turn the heat to medium-high.
3. Continue cooking, flipping often until the fat is rendered, the exterior is nicely seared, and the center is pink.
4. Once the lamb is almost finished, add the butter and use a large metal spoon to baste.
5. Remove the lamb from the pan and place it onto a cutting board to rest.
6. While the lamb is resting, deglaze the pan with 1 cup of broth and the zest and juice of the lime. Bring the sauce to a boil and whisk to emulsify.
7. Once the sauce has come to the boil, remove the pan from the heat and whisk in the mustard, mustard oil, sliced herbs, and chopped carrots. Stir everything together to yield Chef David's signature, beautiful carrot "pesto"!
8. Carve the lamb and plate it alongside some of Chef David's Mom's rice and that delicious roasted carrot pesto. Take a seat and dig in!!

This class includes Chef David's lamb rub. We've shared the recipe below so you can recreate it in your own kitchen.

Chef David's Lamb Rub

Ingredients

10 grams ground cumin
10 grams ground coriander
10 grams ground black pepper
10 grams smoked paprika
1 gram ground cinnamon
5 grams kosher salt

To make

In a small bowl, stir together all of the spices until well combined.