

TAKE-OUT TAKEOVER

LAMB OFF THE RACK

BETTER SEAFOOD CHOICES

CULINARY

Trends



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A gourmet lamb rack dish is presented on a white plate with a subtle radial pattern. The rack of lamb is the central focus, cooked to a rich, dark brown color and garnished with fresh green herbs and a slice of yellow vegetable. To the right, a vibrant orange sauce is elegantly plated, accompanied by several green beans, small white garnishes, and a few red and yellow dots. The overall presentation is clean and sophisticated.

Lamb

Off The *Rack*

Less Frequently Used Cuts Shine on West Coast Menus



Caitlin M. O'Shaughnessy

While a more conventional dish like lamb chops has been a mainstay on menus all over the West Coast, chefs have recently been featuring less frequently seen entrées like lamb neck, cheek and belly to enrich the flavors in spring-inspired dishes. Move over shanks and rack of lamb – new and unusual cuts are taking their place at the table.

Simple flavors, local ingredients

Nicolas Bour, the new Executive Chef at El Bizcocho restaurant at Rancho Bernardo Inn in San Diego, emphasizes the robust flavor of lamb with their dish featuring roasted lamb and Moroccan couscous with golden raisins, Marcona almonds, and Merguez sausages. Integrating cumin, mint, rosemary, thyme, garlic, shallots and Tellicherry peppercorns; Chef Bour has balanced the sometimes overpowering gamey flavor of lamb with classic Indian and North African flavors. In addition to being an excellent base for strong seasonings, lamb also is a natural partner for alcohol and wine. Chef Bour notes that while “lamb is one of those proteins that has such a unique and sublime flavor, it stands the test of so many wine pairings – my favorite being a good quality Pinot Noir.”