



CHATEAU  
**Thénac**



*Château Thénac red reveals all the complexity and elegance of a great wine. Aged in French oak barrels, it will pair perfectly with a rich and savoury meal.*



**90 MINUTES. SERVES: 4 PERSONS**

## Rack of Lamb with Sweet Spices

MASHED PUMPKIN, PAN FRIED MUSHROOM



### INGREDIENTS

2 rack of lamb of 6 ribs each (you can ask the butcher to prepare it for you), 500 to 600 gr of Pumpkin, 250 gr of potatoes, 1 onion, 2 cloves of garlic, 200 ml of cream, 50 gr of butter, 20 ml of meat juice, 1 soup spoon of blended spices, 500 gr of mushrooms according to the market (cèpes, chanterelle, oyster mushroom...), 1 shallot, 1 bunch of flat parsley, olive oil, thyme, 1 soup spoon of honey, salt and pepper.

### PREPARATION

**01 Mashed pumpkin:** peel the pumpkin, remove the seeds and cut into cubes. Peel and cut the onion, 1 clove of garlic and potatoes. Fry all this in a sauce pan with butter with no coloration. Add some water to the level of the vegetables, salt, pepper and let it cook for 30 min. Dry, mix, add the cream and check the seasoning.

**02 Fried Mushroom:** Wash and slice the mushroom. Cut into very small cubes the shallot and the parsley. Cook the mushroom with olive oil in a frying pan, add the shallots halfway through the cooking, and add salt, pepper and the parsley just before serving.

**03 Rack of lamb:** prepare the marinade with 5 SS of olive oil, 1 SS of honey, 1 SS of blended spices (paprika, cumin, curry, cinnamon...), salt and pepper. Heat the oven to 200°C. Fry the rack of lamb in a saucepan on a high heat. Once well coloured, spread the marinade with a paintbrush on all its surface. Cook in the oven for 10 min. Let it rest for 10 min before serving.

**04 Sauce:** Deglaze the saucepan you cooked the lamb in with the meat juice. Reduce with a crushed clove of garlic, a branch of thyme and some stalk of parsley. Turn the fire off and let it infuse for 5 min. Strain it and check the seasoning. Arrange nicely on the plate and serve.

Thénac est à part. *Thénac is one of a kind.*

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