

Farm



Fresh

April 2003

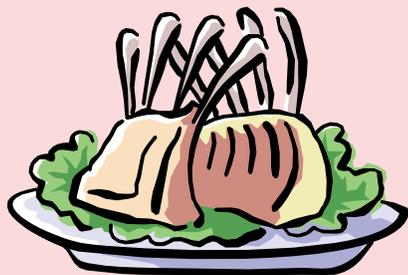
Available Now...

Lamb

Colorado is well known around the world for its high quality lamb.

Colorado's 370,000 sheep and lambs are valued at \$31.5 million. The state ranks fifth in the nation for sheep and lamb production.

Lamb is high in B Vitamins, niacin, zinc and iron.



Look for Colorado lamb at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Tawny Port Consomme with Fennel-Crusted Lamb Medallion

Colorado Chef Victor Matthews, Black Bear Restaurant, Green Mountain Falls

Trimmed and roasted lamb loin, sliced into 4 oz. medallions
Lamb rub (recipe follows)
1 cup per person of Tawny Port Consomme (recipe follows)

Tawny Port Consomme

Sear following in a stock pot:

1 lb. of lamb scraps and bones

1 lb. of beef scraps

Pinch of salt and pepper

Diced onion

Diced carrot

3 bay leaves

2 diced garlic cloves

2 diced stalks of celery

Deglaze with a cup of tawny port and ½ cup of red wine. Boil briefly. Add one gallon of water. Bring to a boil and reduce by half. Refrigerate the stock over night. The following day, remove the fat that has thickened on the surface. Beat a whole crushed egg, shell and all, and mix with a ½ pound of raw ground beef. Whisk this violently into the cold stock and place on a low heat. Bring to a boil very gently and simmer. Do not stir. Carefully remove all the cloudy proteins that have attached. While still hot, pour through a coffee filter to complete the lamb and tawny port consomme. Yields ½ gallon of finished product.

Lamb Rub

Blend rosemary, cracked black pepper, kosher sea salt, fine minced garlic and fennel. Moisten mixture slightly with a shot of sambucca and drizzle of honey.

Lamb Medallions

Rub the trimmed lamb loin liberally with the lamb rub. Sear in a hot pan and finish to medium rare in the oven at 450 degrees for 15 minutes. Rest lamb for 15 minutes to settle the internal juices. Ladle a cup of hot consomme in a large rimmed bowl and place a thick 4 oz. slice of lamb in the center. Garnish with a budding rosemary flower, rosemary sprig or a slice of fennel bulb braised in tawny port.

Enjoy with a Colorado wine, such as a glass of Lemberger from Cottonwood Cellars, located in Olathe, Colorado.