

RACK OF LAMB SOUS-VIDE WITH COUSCOUS SALAD

(from the Bewitching Kitchen, adapted from several sources)

for the meat:

1 rack of lamb
1 teaspoon oregano (I used Mexican)
1 teaspoons smoked paprika
1 teaspoon ground coriander
Salt and pepper

for the salad:

2 cups cooked couscous
1 cucumber, diced
2 large Roma tomatoes, diced
dried mint to taste (use fresh when available)
1/4 cup olive oil
2 tablespoons lemon juice
salt and pepper to taste

for the glaze:

3 tablespoons honey
1 tablespoon lemon juice

Heat the water bath to 130 ° F.

Season the lamb lightly with salt and pepper all over. Mix the oregano, paprika and coriander in a small bowl. Rub the mixture over the meat, place it in a sous-
vide type bag and seal it. Submerge in the heated water-bath and cook for 4
hours.

For the salad, heat the olive oil on a small pan, just to raise its temperature, no
need to have it smoking. Remove from heat, add the dried mint, and let it cool to
room temperature. Whisk the lemon juice. Mix the cooked couscous, cucumber,
and tomatoes in a bowl. Add the prepared dressing. If using fresh mint, simply
add it to the olive oil and lemon juice, no need to warm the oil up. Season with
salt and pepper, taste and adjust seasoning.

When the lamb is almost ready to leave the water-bath, make a glaze mixing the
honey with lemon juice. Remove the lamb from the bag, brush some of the glaze
all over and sear the surface either on a very hot skillet, or on a hot grill. You can
also run it under the broiler, watching it carefully. Slice the lamb in individual
ribs, and serve with the cool couscous salad.