

RACK OF LAMB with lamb jus with taboulé and asparagus-radish vegetables

SHOPPING LIST

800 g	saddle of Lamb
800 ml	Lamb stock
100 g	Bulgur
300 g	Asparagus . white
300 g	Asparagus . green
1 Bu	Radishes . min. 5 pcs.
1	Onion
1	Garlic
2	Tomatoes
1	Lemon
100 g	Mushrooms
1 Bu	Thyme . at least 4 sprigs
1 Bu	Rosemary . at least 4 sprigs
1 Bu	Chives
1 Bu	Parsley . smooth . at least 10 stems
1 Bu	Mint . at least 8 stems
1 small Tn	Tomato purée
100 g	vegetable Stock . BDH*
1 Bt	red Port . Tawny
1 Bt	Red Wine
1 small Bt	oz maple syrup
1 small Bt	Honey
50 g	Butter
1 Fl	Rapeseed oil
1 Fl	Olive oil
1 Pk	Cornflour
	Salt . from the mill
	Pepper . from the mill

* Order our excellent BENEN-DIKEN-HOF vegetable stock in good time.
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