



Tuscan Marinated Lamb, sweet potato puree, blackberry cabernet reduction

SERVINGS: 4

PREPPING TIME: 45 MIN

COOKING TIME: 1 HR

Ingredients

For the Tuscan -Marinated Lamb:

- 4 lamb loin chops (about 6 ounces each)
- 1/4 cup extra -virgin olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- Zest of 1 lemon
- Juice of 1 lemon
- 1 teaspoon crushed red pepper flakes
- Salt and freshly ground black pepper, to taste

For the Sweet Potato Purée:

- 2 large sweet potatoes, peeled and cubed
- 2 tablespoons cream cheese
- 2 tablespoons unsalted butter
- Salt and freshly ground black pepper, to taste

For the Blackberry Cabernet Reduction:

- 1 cup cabernet sauvignon
- 1/2 cup fresh blackberries
- 2 tablespoons blackberry jam
- 1 small shallot, finely chopped
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 2 tablespoons unsalted butter, cold and cubed
- Salt and freshly ground black pepper, to taste



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Directions

1. Marinate the Lamb:

- In a bowl, combine olive oil, minced garlic, rosemary, thyme, lemon zest, lemon juice, crushed red pepper flakes, salt, and black pepper.
- Place lamb chops in a resealable plastic bag or shallow dish and pour the marinade over them, ensuring even coverage.
- Seal and refrigerate for at least 2 hours, preferably overnight, to allow flavors to meld.

2. Prepare the Sweet Potato Purée:

- In a large pot, cover sweet potato cubes with water and add a pinch of salt. Bring to a boil and cook until tender, about 15 minutes.
- Drain and return sweet potatoes to the pot. Add cream cheese and butter.
- Mash until smooth and creamy. Season with salt and black pepper to taste. Keep warm until serving.

3. Make the Blackberry Cabernet Reduction:

- In a saucepan over medium heat, sauté the chopped shallot until translucent, about 2 minutes.
- Add cabernet sauvignon, blackberries, blackberry jam, balsamic vinegar, and honey. Stir to combine.
- Bring to a boil, then reduce heat and simmer until the sauce reduces by half and thickens, approximately 15-20 minutes.
- Strain the sauce to remove solids, then return to the saucepan.
- Over low heat, whisk in cold butter cubes one at a time until the sauce is glossy. Season with salt and black pepper to taste. Keep warm.

4. Cook the Lamb:

- Remove lamb chops from the marinade and let them come to room temperature.
- Preheat a grill or grill pan over medium-high heat.
- Grill lamb chops for 4-5 minutes per side for medium-rare, or until desired doneness is reached.
- Let rest for 5 minutes before serving.

5. Assemble the Dish:

- On each plate, place a generous spoonful of sweet potato purée.
- Top with a grilled lamb chop.
- Drizzle the blackberry cabernet reduction over the lamb and around the plate.
- Garnish with fresh herbs, such as rosemary or thyme, if desired.