

## MENU

# Rack of Lamb

SERVES 8

*Fred's Fiesta Shrimp*  
*Cheese Board*  
*Rack of Lamb*  
*Roasted New Potatoes*  
*Asparagus & Peas with Basil*  
*Sister Schubert's Dinner Yeast Rolls*  
*Mixed Berries with Chocolate Sauce and Whipped Cream*

## GAMEPLAN

### Monday

- Shop for non-perishables

### Wednesday

- Shop for perishables

### Friday

- Prepare sauce for shrimp
- Prep and marinate shrimp

### Saturday

*Early in the day . . .*

- Prep cheese board
- Prepare crumb coating for Rack of Lamb
- Prep potatoes
- Prep asparagus and shallots; thaw peas
- Rinse berries, dry on paper towels, mix, and refrigerate
- Prepare Whipped Cream

*5:00*

- Remove shrimp from marinade, skewer, and bring to room temperature

*5:30*

- Grill shrimp

*5:45*

- Prepare cheese board
- Sauté shallots, turn off heat

*6:00*

- Get dressed – enjoy dressing drink!

*7:00*

- Roast potatoes, 450° for 45 min to 1 hr

*7:15*

- Roast lamb, 450° for 10 min, add crumb coating and roast another 15 min, rest covered for 15 min

*7:45*

- Sauté asparagus and peas with shallots, med heat for 8 min

*8:00 – 8:15*

- Bake Sister Schubert's Rolls, 350° for 5–10 min

*8:15 – 8:30*

- Serve and enjoy!

# Rack of Lamb Dinner

## SHOPPING LIST

### Produce

- Limes, 8–10
- Cilantro, 2 bunches
- Jalapeño peppers, 6
- Italian parsley, 4 cups
- Garlic, 1 bulb
- Lemons, 4
- New potatoes, 3 lbs, assorted colors
- Rosemary, 2 tbsp minced
- Shallots, ½ cup chopped
- Asparagus, 3 lbs
- Basil, 1 cup
- Assorted berries: blackberries, strawberries, blueberries

### Bakery

- Sturdy white bread, 6–8 slices\*

### Deli

- Assorted cheeses for cheese board

### Meat, Poultry, Seafood

- Shrimp, 3 lbs 21–30 ct
- Lamb, 4 racks, Frenched

### Baking, Spices, Nuts

- Kosher salt

### Packaged

- Honey, 4 oz
- Ketchup, 4 oz
- Assorted crackers for cheese board

### Dairy

- Whipping cream, 2 cups

### Frozen

- Peas, 15 oz
- Sister Schubert's Dinner Yeast Rolls

### Specialty

- Chocolate Sauce \*\*

### On Hand . . .

- Salt
- Pepper
- Olive oil, ~1 cup
- Butter, 1 ½ sticks

\*You may substitute panko (Japanese bread crumbs) for fresh bread crumbs.

\*\*I recommend Stonewall Kitchen Dark Chocolate Sea Salt Caramel Sauce. To make your own, see Basics.

# FRED'S FIESTA SHRIMP

SERVES 10–12

Fred Bettin

Mix dipping sauce ingredients together in a small bowl. Cover and chill.

To make marinade, place cilantro, lime juice, olive oil, and jalapeños in blender and liquefy.

Place shrimp in large ziplock bag, and pour marinade over shrimp, squeezing out the air. Refrigerate for 12–24 hrs.

Transfer shrimp to a colander set in the sink, and shake well to remove excess marinade.

Arrange shrimp on bamboo skewers, going through the tail and head ends of the shrimp to prevent them from spinning around on the skewer. (Alternatively, use a seafood grill pan.)

Heat grill to medium to medium low. Place skewered shrimp on grill. Depending on size, grill for 1–2 min per side, until they just turn pink, then turn over. Be careful not to overcook.

Serve with dipping sauce.

## DEEDEE'S NOTES:

- Fred says that sauce will keep up to a month and that shrimp may be grilled a day in advance. I prefer to grill on the day I am going to serve.
- To reduce shrinkage, Fred recommends bringing shrimp to room temperature 30 min prior to grilling.

## INGREDIENTS

### DIPPING SAUCE

*1/3 cup honey*

*1/2 cup ketchup*

*1/4 cup freshly squeezed lime juice*

*1/2 cup chopped cilantro*

*1–3 minced jalapeño peppers*

### SHRIMP

*1 bunch cilantro stems and leaves, rinsed and dried in a salad spinner*

*1/3 cup freshly squeezed lime juice*

*1/2 cup olive oil*

*2–3 jalapeños, each cut into 3–4 pieces*

*3 lbs 21–30-count (or larger) shrimp, peeled, deveined, tails on*



# CHARCUTERIE AND CHEESE BOARD

*Charcuterie is technically defined as various pork products, or the place where these products are sold. It has also become the compilation of these products onto a board or tray to serve as an hors d'oeuvre and often includes a variety of other items: cheeses, olives, nuts, etc. Given the possibilities, one need not follow a formula. Below are ideas and items you might consider, but this is in no way an exhaustive list. When choosing items for your charcuterie, consider a variety of flavors, textures and colors; soft and hard meats and cheeses; mild and sharp flavors. For a Cheese Board, omit the meats.*

Arrange items on a large tray or wood board in a way that is appealing and easy for your guests to enjoy.

Slice the hard cheeses, leave soft cheese whole.

Slice hard salamis and sausages. Leave patés whole.

Arrange items in different patterns; stack some of the crackers and cheeses, spread out others. Use different types of small bowls and containers for olives, pickles, breadsticks.

Include knives, spreaders, spoons.

## INGREDIENTS

### *Meats, 2 oz/person*

- *Dried and/or cured hams and sausages*
- *Salami, sliced on the bias*
- *Prosciutto*
- *Paté*

### *Cheeses, 2 oz/person*

- *Manchego*
- *Brie*
- *Camembert*
- *Blue*
- *Boursin*
- *Stilton*
- *Cheddar*
- *Chevre*

## SUGGESTED ADDITIONS

*Assorted crackers, breadsticks, baguette*

*Fruits*

- *Dried: dates, apricots, cranberries*
- *Fresh: grapes, sliced apples, sliced pears*

*Olives*

- *Kalamata*
- *Castelvetrano*
- *Manzanilla*
- *Niçoise*

*Pickled vegetables*

- *Okra*
- *Green beans*
- *Carrots*
- *Cornichons*

*Assorted Nuts*

- *Almonds*
- *Cashews*
- *Walnuts*
- *Pistachios*
- *Pecans*

*Condiments*

- *Honey*
- *Fig preserve*
- *Mustard*

*Garnish*

- *Rosemary*
- *Thyme*
- *Mint*
- *Parsley*

# RACK OF LAMB

SERVES 8

Cornelia Hoover, Adapted from *Barefoot in Paris*

Place the bread in food processor and pulse until uniform crumbs form. Measure 2 cups of crumbs and set aside.

Place the parsley, garlic, and butter in the food processor (no need to wash after bread), and process until finely minced. Add the bread crumbs and lemon zest, and pulse just enough to combine.

Place both racks of lamb in a roasting pan, fat sides up. Rub the tops with olive oil and sprinkle with salt and pepper. Roast the lamb for 10 min at 450°.

Remove the lamb from the oven and quickly press the parsley mixture on top of the meat. Return immediately to the oven and roast for another 15 min.

Remove the lamb from the oven and cover with aluminum foil. Allow it to rest for 15 min. Carve into chops and serve immediately.

## DEEDEE'S NOTES:

- Recipe may be prepped in advance. Prepare bread crumbs and parsley mixture earlier in the day. Cover and refrigerate.
- To French a rack of lamb is to clean the meat, cartilage, and fat between the tips of the rib bones to make for a more elegant presentation. While you can do this at home, your meat department can also easily do this for you.



## INGREDIENTS

*6–8 slices sturdy white bread, crusts removed\**

*4 cups loosely packed Italian parsley leaves*

*2 tbsp chopped garlic*

*½ cup unsalted butter, melted*

*2 tbsp grated lemon zest*

*4 racks of lamb, Frenched*

*Olive oil*

*1½ tbsp kosher salt*

*1½ tsp freshly ground pepper*

\*For a crunchier texture, you may substitute 2 cups panko for fresh bread crumbs.



# ROASTED NEW POTATOES

SERVES 8      Cornelia Hoover

Quarter potatoes (or halve them if they are very small) and place on roasting pan. Toss with olive oil, salt, pepper, and rosemary.

Roast approximately 45 min to 1 hr at 450°, tossing occasionally with spatula. Cooking is complete when potatoes are crisped on the outside. Serve immediately.

## DEEDEE'S NOTES:

- Potatoes may be prepped earlier in the day. Clean and cut, toss with olive oil and seasonings. Cover tightly with plastic wrap and refrigerate. Bring to room temperature prior to roasting.

## INGREDIENTS

*3 lbs new potatoes, various colors (red, white, purple)*

*Olive oil*

*Kosher salt*

*Freshly ground pepper*

*2 tbsp minced fresh rosemary*



# ASPARAGUS & PEAS WITH BASIL

SERVES 8      Cornelia Hoover

Cook shallots in butter in a large, heavy skillet over medium heat, stirring frequently, until just tender, about 4–5 minutes.

Stir in asparagus, peas, salt, and pepper, then cover or seal skillet with foil. Cook over medium heat until vegetables are tender but still slightly al dente, about 8 min.

Stir in basil and additional salt to taste.

## DEEDEE'S NOTES:

- Recipe may be prepped earlier in the day. Cook shallots prior to guests arriving. Keep at room temperature in the pan and finish with asparagus, peas, and seasonings prior to serving.

## INGREDIENTS

*½ cup finely chopped shallots*

*3 tbsp unsalted butter*

*3 lbs asparagus, trimmed and cut into 1-inch pieces*

*15 oz frozen peas, thawed*

*1 tsp kosher salt*

*Freshly ground pepper*

*1 cup torn fresh basil leaves*



# WHIPPED CREAM

YIELDS ~2 CUPS

Place a metal bowl and metal beaters or whisk in the refrigerator or freezer for 15 min.

With a stand mixer or a hand mixer, whisk or beat cream until soft peaks form.

Sprinkle sugar 1 tbsp at a time over cream. Continue beating while adding sugar until firm peaks form.

## INGREDIENTS

*1 cup heavy cream*

*2 tbsp confectioners' sugar*

### DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1 day in advance. Tightly cover and chill. There is a lot of discussion on how long fresh whipped cream will remain stable. I have actually had whipped cream keep for 2–3 days when tightly covered and chilled.
- Do not overwhip, or your whipped cream will be on its way to butter.

