



Lamb, Beans, Potatoes

Letzling Heath Lamb Poached in Buttermilk with White Bean Mousse and Lila Potato Strands

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Finalist in the HUG Tartelettes Phantasia 2008 Creative Competition (Qualified category)

Ingredients:

Letzling heath lamb poached in buttermilk

- 300g Lamb fillet
- 150ml Buttermilk
- 2 Sprays of rosemary
- 20ml Olive oil
- Salt
- Ground pepper

weisses Bohnenmousse

- 200g weisse Bohnen
- 50ml Sahne
- 1 Zweig Bohnenkraut
- 1 Zehe Knoblauch
- 25g Butter
- n. B. Salz
- n. B. Pfeffer/Mühle

lila Kartoffelhaar

- 180g lila Kartoffeln
- 1 L Rapsöl
- n. B. Salz

Dekoration: Baconchip, Chilifäden

- 5 Scheiben Bacon
- 8 Stück Chilischoten

Instructions:

Prepare the lamb fillet and place in a vacuum sachet with the buttermilk and a few sprays of rosemary. Hang in the Julabo and allow to circulate at 52°C. Simmer the giant white beans with the savoury, garlic and salt till soft. Meanwhile bring the cream, salt and pepper to the boil. Now strain, puree and pass the beans through a sieve. Mix the beans with the cream and add some cold butter. Use two spoons to scoop out egg-shaped portions of the bean mousse and place somewhere warm. Peel and grate the potatoes. Remove the lamb from the vacuum sachet, season with salt and pepper then fry quickly in hot olive oil.





Slice the lamb into portions. Fry the grated potato in the hot rapeseed oil and drip-dry on kitchen paper. Put the bacon to one side; use the zester to create chilli threads. Form the potato strands into a nest in the Tartelettes, top with the lamb and place the bean mousse beside them. Garnish the lamb with the chilli threads and insert the bacon into the bean mousse.

