



ROAST SHOULDER OF LAMB - VEGETABLE TIAN

SERVES 6

- 1 shoulder of lamb, boneless and tied
- 2 litres of red wine
- 1 bouquet garni
- 6 aubergines, 4 tomatoes, 4 courgettes
- 1 chicken breast
- 10cl. cream, salt, pepper, 1 egg, 200g. honey

PROVENCE-STYLE VEGETABLE BAKE

6 Tomatoes, 6 courgettes, 6 aubergines, fresh thyme, rosemary, olive oil, salt and pepper



Preparing it like a true chef

Brown the shoulder of lamb on a high temperature in a casserole dish. Season, then add the red wine and bouquet garni. Leave to simmer at a low heat for about two hours (to get a smooth texture).

Make a chicken paté, which will be needed to assemble the dish. Blend together the chicken breast, egg and cream. Season with salt and pepper, and keep in a cool place.

Cut two aubergines into slices 1cm thick, and fry them in olive oil. Add salt and pepper, then pat dry on kitchen paper and keep in a cool place.

When the meat is cooked, take it out of the casserole dish. Strain the gravy (to filter it) and set aside.

Making the deliciously rich sauce

Pour the honey into a saucepan and caramelize it over a gentle heat. Pour in the strained gravy and gently bind it together by making a roux. Season and set aside.

Putting the charlotte together

Grease 6 individual ramekins (or another deep ovenproof dish).

Remove the string from the lamb and carve into slices (about 1cm thick).

Arrange the fried aubergine slices at the bottom of the ramekin, covering with a small amount of chicken paté (to hold everything together) and then a slice of lamb. Repeat three times until the ramekin is full.

Place the 6 ramekins in the bain marie and keep warm in an oven preheated to 120°C for 20 minutes.

Baking the vegetable tian

Arrange the vegetables in a baking dish, alternating the slices of aubergine, tomato and courgette (previously sliced to about 1cm thick), sprinkling with fresh thyme, rosemary, salt, pepper and olive oil. Bake in an oven preheated to 155°C for 25 minutes.

Serving it up to impress your guests

Reheat the sauce, whisking in a knob of butter to finish.

Turn out the lamb onto a sheet of kitchen paper.

Arrange a small portion of the baked vegetables in the centre of a plate, place the lamb charlotte on top and drizzle the sauce all over.

** You can also serve the dish with a few tiny pan-fried potatoes in their skins, stewed in the gravy.*

RESTAURANT LE TERROIR

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