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VEAL CHOP

WITH PORTABELLO MUSHROOMS

**SERVES****2****METHOD****STOVETOP****MINUTES****40****DIFFICULTY****2/10****INGREDIENTS**

5 tablespoons olive oil, divided
1 tablespoon butter
2 veal chops
6 ounces portobello mushrooms, sliced
1½ cups chicken broth
1½ teaspoons fresh rosemary, chopped
1/2 cup red wine

Heat 4 tablespoons olive oil with butter in a skillet over medium-high heat. Cook chops until browned, 2 to 3 minutes per side.

Once browned, stir in mushrooms and cook for 1 minute. Add chicken broth and rosemary; cover, and simmer 10 minutes. Stir in red wine, increase heat, and cook, uncovered, until sauce is reduced by half. Veal chops may be removed at any time to prevent over-cooking, then returned to the pan for the final minute.

Drizzle with remaining 1 tablespoon olive oil, and serve.

BEEF TAGINE

WITH FRIED CAULIFLOWER



SERVES

4



METHOD

STOVETOP



MINUTES

120+



DIFFICULTY

4/10

INGREDIENTS

2½ pounds beef chuck, cut into 1-inch dice
 5 tablespoons extra-virgin olive oil
 1 14-ounce can peeled, chopped tomatoes
 1 small cauliflower, broken into florets
 1/2 teaspoon freshly ground black pepper
 1 tablespoon chopped coriander

CHERMOULA

1 medium Spanish onion, peeled and roughly chopped
 4 garlic cloves
 1/2 tsp ground turmeric
 5 tablespoons extra-virgin olive oil
 1 tablespoon ras-el-hanout
 1 teaspoon sweet paprika
 1 teaspoon ground ginger
 1 teaspoon ground cumin
 2 tablespoons coriander leaves
 2 tablespoons flat leaf parsley
 1 teaspoon crushed dried chillies
Sea salt
Juice of 1 lemon

To make the chermoula, puree all the ingredients together in a food processor until relatively smooth.

Marinate the diced beef in the chermoula paste for one hour.

Heat three tablespoons of extra-virgin olive oil in a saucepan big enough to fit all the beef. When just smoking, add the beef (retain the bowl) and quickly saute to colour and seal well on all sides.

Add the chopped tomatoes and a cup of water to the bowl the beef was previously marinating in, mix well and add to the saucepan. Bring to the boil then turn down to a simmer, cover with a tight-fitting lid and cook gently for about two to two-and-a-half hours or until beef is tender.

When the beef is nearly ready, bring a pot of salted water to the boil, add the cauliflower florets and cook for one minute. Drain the cauliflower well, allow to dry then shallow-fry the cauliflower in a small saucepan with the remaining olive oil.

To serve, spoon the beef into a large bowl, sprinkle with the browned cauliflower, give a good grind of pepper and sprinkle with the coriander leaves.



This lovely little Moroccan-inspired combination needs nothing more than a bowl of cous cous or perhaps some rice on the side.



GARLIC-CRUSTED ROAST RACK OF LAMB



SERVES

8



METHOD

STOVETOP



MINUTES

105



DIFFICULTY

2/10

INGREDIENTS

1 head of garlic, cloves peeled
 1/4 cup rosemary leaves
 1/4 cup extra-virgin olive oil
 2 racks of lamb, frenched
 (2-pounds each)
Salt and freshly ground pepper

Roasted rack of lamb is a brilliant centerpiece dish because it's impressive and surprisingly easy to make. This recipe includes just five ingredients and 10 minutes of active cooking time.

In a mini food processor, combine the garlic, rosemary and olive oil and process until the garlic is finely chopped. Season the lamb racks with salt and pepper and rub the garlic-rosemary oil all over them. Set the racks fat side up on a large rimmed baking sheet and let stand for 1 hour.

Preheat the oven to 450°. Roast the lamb in the upper third of the oven for 15 minutes. Turn the racks and roast for 10 minutes longer for medium-rare meat. Transfer the racks to a carving board, stand them upright and let rest for 10 minutes.

Carve the racks in between the rib bones and transfer to plates. Serve right away.