



Ontario lamb rack

with roast heart of palm, fermented garlic and pistachio

One portion beautiful
Beverly Creek lamb rack

- Pistachio puree
- Fermented garlic puree
- Pickled vegetables
- Roast heart of palm
- Heart of palm puree
- Pistachio jus

Pistachio puree

2 cups lightly toasted pistachios
¼ cup sugar
1.5 litres cold water
1 T pistachio paste

- Combine pistachios, sugar and water
- Bring to boil and simmer until soft
- Puree all together and add paste
- Pass through tami and store

Pistachio puree

1 cup fermented black garlic
3 cups cold water



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Roasted heart of palm

2 lengths solid base of raw heart of palm
Zaatar seasoning blend

- Season palm hearts with sea salt and pan roast to give a nice caramelization
- Remove from heat and sprinkle generously with zaatar
- Sous vide at 185 degrees for 45 minutes
- Cool under ice and store until use

Heart of palm puree

Heart of palm tops
Butter
Kosher salt

- Julienne palm hearts, place in a bowl and season with grapeseed oil and salt
- Cover and allow to sit for ten to twenty minutes
- Place a good amount of butter in a deep, heavy bottomed pot and add in the heart of palm
- Stir around to coat with butter and reduce heat to the lowest temperature

Pickled vegetables

1 cup small dice carrot
½ cup small dice celeriac
½ cup small dice granny smith apple
One stick rosemary
2 cups white balsamic vinegar
½ cup water
6 T sugar
1 T kosher salt

- Place the diced vegetables and apples in a bowl with rosemary on top
- Mix vinegar, water, sugar and salt in a pot
- Bring pickling liquid to boil and pour over the vegetables
- Cover the bowl and let steam until cold
- Remove rosemary and store the pickled veg

Pistachio jus

1 cup thinly sliced shallots, rinsed
1/3 cup thinly sliced garlic
¼ cup raw pistachio, roughly chopped
2 ounces vermouth
2 cups chicken stock
2 litres lamb stock, made from Beverly Creek roasted lamb trim
1 cup veal demi
¼ cup roasted and chopped pistachios and three slices of dehydrated orange peel to steep

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(905) 690-8111
beverlycreek.ca

385 Concession 6 E,
Millgrove
ON L8B 1M2



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