

### Lamb Carpaccio

Show: Apr 3th

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**Ingredients:** Makes as many as you want

4 Lamb Tenderloins (One tenderloin makes about 4-6 pieces)  
Olive Oil Spray  
Plastic Wrap

**Sauce:**

2 Tbls Dijon Mustard  
2 tsp Vinegar, Tarragon  
Olive Oil Spray  
6 Olives, mixed, chopped  
1 Tbls Capers  
Garlic Flowers

**Procedure:**

Make sure the silver skin is removed from the tenderloins. Split in two if very large tenderloins. Cut into 1 inch pieces. Lay out a sheet of plastic wrap, spray with a good quality, good tasting olive oil, place the 1 inch piece of lamb tenderloin on the oiled wrap and spray again with oil.

Lay another sheet of wrap over the meat and flatten with a pounder to about paper-thin. Remove from the wrap and twirl around your finger to make a rose shape and lay on serving plate.

**Garnish:**

Dilute 2 Tbls Dijon Mustard with 2 tsp tarragon vinegar or your favorite vinegar and mix well. Sprinkle this mixture over the prepared rosettes. Spray or splash overall with a good quality olive oil. Garnish the plate with capers, tarragon leaves, chopped olives and garlic flowers.

**A reminder:**

Using mustards, vinegar, or horseradish with raw meat can neutralize any bacteria and make it

safe to eat.

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