

Lamb Carpaccio

Show: Apr 3th

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.

[« Back to List of Recipes](#)