


RECIPE

CHEF'S SPECIAL from Four Points Sheraton

ROSEMARY AND GARLIC LAMB CHOPS WITH ROASTED POTATO AND ARTICHOKE SALAD

Ingredients

For the salad:

- 2 large baking potatoes, peeled and cut into ½ inch cubes
- 7 tbsp, plus 1 tsp, olive oil
- 1 cup drained, canned artichoke hearts, cut into 1/2-inch dice
- 1 cup very thinly sliced raw artichoke hearts
- 1 cup cooked fava beans
- 1 large tomato, cored, seeded and cut into small dice
- 1 ½ tsp salt
- Freshly ground pepper to taste
- 2 tbsp, plus 1 tsp, red-wine vinegar

For the lamb:

- 2 large cloves garlic, peeled and minced
- 4 sprigs fresh rosemary, stemmed and minced
- 1 tbsp olive oil
- 1 tbsp salt
- 1 tsp freshly ground pepper
- 1 rack of lamb, bones scraped of all fat

Method

For the salad, preheat the oven to 375 degrees. Place the potatoes in a roasting pan and toss with 1 tablespoon of olive oil. Roast until tender, tossing from time to time, for about 40 minutes. Meanwhile, for the lamb, combine the garlic, rosemary, olive oil, salt and pepper. Rub the mixture all over the lamb and let stand for 30 minutes.

Heat 1 teaspoon of the salad's olive oil in a heavy skillet, preferably cast iron. Add the canned artichoke hearts and sauté until browned on all sides, for about 5 minutes. Place the roasted potatoes, sautéed and raw artichoke hearts, fava beans and tomato in a large bowl and toss to combine. Season with 1 teaspoon of the salad's salt and pepper to taste.

For the lamb, increase the oven temperature to 400 degrees. Place the lamb in a roasting pan and roast until medium-rare, for about 30 minutes. Let stand for 10 minutes.

Meanwhile for the salad, whisk together the vinegar, the remaining ½ teaspoon salt and pepper to taste. Slowly whisk in the remaining 6 tablespoons of olive oil. Add to the salad and toss to coat.

APPLE SMOKED AUSTRALIAN EYE FILLET

Ingredients

- 220g Australian beef tenderloin
- Salt to taste
- Pepper to taste
- Worcestershire sauce, to taste
- Dijon mustard
- 1 tsp mixed fresh herbs
- Olive oil

Method

Marinate the beef with salt, pepper, L.P. sauce, Dijon mustard, herbs and a drizzle of olive oil. Cover tenderloin, and let stand at

