

# IN THE MARKET

## cooking sensations



**May 2008**

Nathan Johnson has been with the Hilton Adelaide for 8 years and has moved around their kitchens working his way from a Commis Chef, Demi Chef, Chef De Partie, Junior Sous Chef, Sous Chef to his current position as Executive Sous Chef.



### **Lamb Rump with white polenta, confit shallot, Coriole vincotto jus**

4 Serves

4 lamb rumps  
250g white polenta  
2 onions fine dice  
500 ml whole milk  
250ml water

1 head crushed garlic  
1 bay leaf  
12 shallots  
300ml veg oil  
250ml lamb or veal glaze (reduced stock)  
75ml Coriole vincotto  
Salt and pepper for seasoning

Place the shallots and 300ml of vegetable oil in a pan, put over medium heat and allow to come up to hot, turn oil off, but leave shallots in until soft to touch.

Finely dice the onion and sauté with the garlic in a little oil, when translucent and aromatic, add the bay leaf, milk and water, then bring to the boil.

While waiting for these two events to take place, season the lamb rumps then seal in a medium heat pan on all sides. Cook to medium then rest in a warm area.

For the sauce, have the vincotto in a small pan, reduce by half, then add the glaze and reduce slightly. The vincotto will make the glaze sweet to taste. When happy with the consistency put to one side.

If the milk is to the boil, remove bay leaf, then add polenta while whisking as to avoid lumps, add more liquid if too thick or polenta if too thin, season and get ready to plate up.

Spoon the polenta into the centre of the plate, place three shallots (well drained) around the polenta then carve the lamb rumps across the grain, and lay over polenta. Spoon vincotto glaze around the plate, garnish with rosemary or thyme, and serve.