

LEBANESE LAMB TENDERLOIN

LYNMAR ESTATE • CHEF DAVID FRAKES

Serves 4

Ingredients

- 8 ea. lamb tenderloins
- 1 tbsp. Lebanese spice (recipe below)
- 1 tbsp. garlic, minced
- To coat rice bran oil (or vegetable oil)
- To taste salt & fresh-cracked black pepper

RICE FLOUR CRUST

- 1 c. rice flour
- 2 tsp. Lebanese spice
- 1 tsp. kosher salt
- ½ tsp. fresh-cracked black pepper

LEBANESE SPICE MIX

- 1 tbsp. allspice, ground
- 1 tbsp. fresh-cracked black pepper
- 1 tbsp. cinnamon, ground
- 1 tbsp. ginger, ground
- 1 tbsp. nutmeg
- 2 tsp. clove, ground
- 1 tsp. fenugreek

Directions

Trim and marinate lamb in garlic, spices and oil for 6 hours to overnight.

Remove marinade before cooking, season to taste, then dust in rice flour mixture before searing in large pan for about two minutes on each side.

Immediately place tenderloins onto a rack-lined sheet pan, then roast in a 400°F oven for about 5 minutes.

Rotate pan, turn lamb over and cook for about two more minutes.

Remove from oven and let meat rest for five minutes before slicing/presenting. Lamb should be medium-rare.

