



Cold Yellow Lentil Soup with Fresh Cilantro

Soup, Serves 8

45 ml/3 tbsp. olive oil
 200 g/1 2/3 cups chopped onions
 10 g/1 tbsp. chopped garlic
 200 g/7 oz carrots, cut into large chunks
 250 g/9 oz. yellow lentils
 150 g/5 oz. potatoes,
 cut into large chunks
 1 bunch cilantro, chopped
 Salt and white pepper to taste
 Ground cumin to taste
 150 ml/2/3 cup heavy cream

- Heat the olive oil in a large pot; add the onions and garlic and sauté until translucent. Add the carrots, lentils, potatoes and half the chopped cilantro and continue cooking over low heat about 3 minutes. Add water to cover by 2 1/2 centimetres/1 inch, salt, pepper and cumin, and simmer for 30 minutes.
- Put the soup in a blender or food processor and purée until completely smooth, adding more water if the soup is too thick. Refrigerate until serving.

To Serve:

- Whip the cream until thick. Serve the soup garnished with dollops of whipped cream and the remaining cilantro.

Lamb Filet with Fresh Mushroom Parmentier and Cream Tarragon Sauce

Main Course, Serves 8

Mushroom Parmentier:

600 g/1 1/3 lbs. small potatoes
 Coarse salt
 150 g/11 tbsp. unsalted butter
 200 ml/7/8 cup heavy cream
 Salt and white pepper to taste
 Chopped fresh herbs (optional)
 500 g/1 lb. fresh mushrooms, finely
 chopped
 80 g/1/2 cup chopped shallots

Lamb:

1 kg/2 1/4 lbs. lamb filet
 Salt and white pepper to taste
 30 ml/2 tbsp. olive oil
 30 g/2 tbsp. unsalted butter
 80 g/1/2 cup chopped shallots
 2 bunches fresh tarragon, chopped
 200 ml/7/8 cup white wine
 150 ml/2/3 cup heavy cream

To Serve:

Reduced balsamic vinegar for garnish
 (optional)

For the Mushroom Parmentier:

- Preheat the oven to 180 degrees C/350 degrees F.
- Wash and dry the potatoes and place them on a baking sheet covered with coarse salt. Bake until tender, about 30 minutes. Remove the potatoes from the oven and peel and mash them with a fork. Add 50 grams/3 1/2 tablespoons of the butter, 45 millilitres/3 tablespoons of the cream, and salt and pepper to taste. Set aside and keep warm; stir in the herbs before serving.
- Melt the remaining butter in a pan and sauté the mushrooms and the shallots for about 5 minutes. Add the remaining cream and reduce until slightly thickened. Season with salt and pepper to taste and keep warm.

For the Lamb:

- Season the lamb with salt and pepper. Heat a heavy skillet over medium-high heat and add the oil and butter. Add the lamb and sauté on each side for 3 minutes, or until pink. Remove and keep warm.
- Add the chopped shallots and tarragon to the skillet and cook for 2 minutes. Deglaze the skillet with the white wine and reduce slightly. Add the cream and reduce until slightly thickened. Season with salt and pepper to taste and keep warm.

To Serve:

- Place a 6-centimetre/2 1/2-inch ring mould on each plate and create a layer of potatoes. Top with a layer of mushrooms and then another layer of potatoes. Slice the lamb and lay it on top of the potatoes. Drizzle the plate with balsamic vinegar, if desired, and serve with the tarragon sauce on the side.



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