



FLYFISH CLUB

Virtual Cooking

Spring Lamb:

Lamb Rack

Herbed Couscous Salad
With Roasted Red Peppers

Tzatziki



Shopping List

- 1 rack of Lamb
- 1 box of Couscous
- 1 small jar of Dijon Mustard
- 2 bunch of Italian Flat Leaf Parsley
- 1 bunch of Mint
- 1 bunch of Dill
- 2-3 Red Peppers (depending on size)
- 2 Red Onions
- 1 English Cucumber
- Peeled Garlic
- 1-2 Lemons (depending on size)
- 1 tub of Greek Yogurt
- 1 bottle of Olive Oil
- 1 bottle Red Wine Vinegar
- 1 box of Panko Japanese Bread Crumbs
- Kosher Salt
- Black Pepper

Lamb Rack

Instructions

1. Season lamb with kosher salt and black pepper.
2. Prepare a cast iron pan over high heat. Make sure the pan is smoking before you sear. Add lamb and sear for 4 mins on each side.
3. Remove lamb from heat and brush with dijon mustard.
4. Make Herb Crust: In a food processor combine panko bread crumbs, olive oil, parsley, kosher salt, and black pepper. Blend well.
5. Coat lamb in herb crust.
6. Cook lamb in an oven at 425°F for 6 minutes.
7. Let lamb rest for 5 minutes before slicing and serving. Enjoy!

Ingredients

- 1 rack of Lamb
- ½ cup Dijon Mustard
- 2 cups Panko Bread Crumb
- 4 tbsp Olive Oil
- 1 bunch Italian Flat Leaf Parsley
- Kosher Salt
- Black Pepper

Herbed Couscous Salad with Roasted Red Peppers

Instructions

1. Preheat the oven to 425°F
2. Pour 2-2.5 cups of water into a saucepot and turn on high heat to bring to a boil.
3. Once it is at a rapid boil, season the water with 1 tbsp salt and some cracked black pepper.
4. In a large saute pan, begin toasting your couscous dry over high heat.
5. Ensure that you are continuously moving the couscous in the pan to avoid burning it and to ensure that you are achieving even color on the couscous.
6. Once the couscous is evenly toasted and begins to get a slight golden color, remove it from the pan and transfer it to a shallow vessel such as a half sheet tray, or a shallow long glass baking dish. Then pour the boiling water over the warm couscous, gently mix the couscous and water together, and then cover the shallow baking dish with plastic wrap. Leave out at room temp to steam for 30 minutes.

Ingredients

- 2 cups Couscous
- 2 cups Water
- Olive Oil
- 2 Red Onions
- 3 Red Bell Peppers
- 1 bunch of Fresh Mint
- 1 bunch Italian Flat Leaf Parsley
- Red Wine Vinegar
- Salt and Pepper



7. While the couscous is steaming. Turn on your stovetop burners to high heat. Place one large red bell pepper on each burner and char on all sides. Once charred, place the peppers in a large bowl and then wrap the top of the bowl in plastic wrap. Allow the peppers to steam for 20 minutes, then remove the wrap and peel off the skin of the peppers.
8. Once the skin has been removed from the peppers, you will need to split them in half and remove the seeds. Then julienne the peppers into 1 inch wide ribbons. Place them in a clean bowl and season them with salt, pepper, olive oil, and a splash of red wine vinegar.
9. Cut the red onions into 1 inch wide petals and toss in a bowl with olive oil, salt and pepper.
10. Place the red onion petals on a half sheet tray (baking sheet) and place it in the preheated oven for 10 minutes.
11. Remove the red onion petals and toss them with the roasted red bell peppers.
12. Wash and pick 2 cups each of the mint and parsley.
13. Remove the plastic wrap from the steaming couscous and fluff it with a large fork.
14. In a large mixing bowl, toss the warm couscous with the marinated red bell peppers and onions, fold in the fresh herbs, and season to taste with more salt, pepper, EVOO, and red wine vinegar.

Tzatziki

Instructions

1. Place the 2 cups of greek yogurt into a large mixing bowl
2. Grate the cucumber on a box grater or a Microplane into the bowl.
3. Grate the garlic into the bowl.
4. Using the Microplane zest the lemon into the bowl.
5. Remove the lemon seeds and squeeze the lemon juice into the bowl.
6. Chop 3 tbsp of dill and add to the bowl.
7. Chop 3 tbsp of mint and add to the bowl.
8. Season with salt and pepper and drizzle in some olive oil.
9. Mix everything together and taste for seasoning.

Ingredients

- 2 cups Greek Yogurt
- 1 clove Peeled Garlic
- 1 large English Cucumber
- 1 Lemon - Juiced and Zested
- 1 bunch Mint - Washed and Picked
- 1 bunch of Dill
- Salt and Cracked Black Pepper
- Olive Oil

