Rack of lamb with an olive and Parmesan paste served with green bean bundles and mashed potatoes



Informations

People : **4**
Preparation : **50**
Cooking time : **30**

Ingredients

- 200 g Parmesan Parmigiano Reggiano DOP
- 2 racks of lamb
- 200 g olives
- 800 g green beans
- 15 slices of Forêt-Noire ham
- 1 kg potatoes (riche in starch)
- 250 ml milk
- 2 tsp butter
- A drop of olive oil
- Aromatic herbs (rosemary, thyme)
- Salt, pepper, nutmeg

Preparation steps

1. Peel and wash 1 kg of potatoes, cut them into large pieces and place in a saucepan filled with salted water. Cover and cook for 20 to 25 minutes. Remove the lid and leave them to simmer on a low heat.
2. Bring the milk to the boil along with the butter, a little salt, pepper and freshly grated nutmeg.
3. Mash the potatoes in the pan and use a hand mixer to mix in the boiling milk.
4. Finely chop the olives and aromatic herbs, and combine them with the grated Parmesan, adding little drops of olive oil until the desired consistency is achieved.
5. Cut the rack of lamb into pieces and cook briefly over a high heat until nicely browned.
6. Remove the lamb from the pan, add salt and pepper, cover with the Parmesan and olive paste and then wrap them in aluminium foil. Finish them off in the oven at 60°C for 10 minutes.
7. Rinse the green beans and boil in salted water.
8. Gather the beans into bundles and wrap with the Forêt-Noire ham. Brown them on both sides in a frying pan.
9. Place the racks of lamb on top of the mashed potatoes and serve with the green bean bundles.

? **Tip:** You can also grate Parmesan into the mashed potatoes.