

A top-down view of a white ceramic plate resting on a light-colored wooden surface. The plate contains a dish of roasted lamb, which is dark brown and charred at the edges. It is garnished with caramelized fennel faro, which is light brown and translucent. Several green asparagus spears are also on the plate, some showing char marks. Small purple flowers are scattered as garnishes. A semi-transparent white rectangular box is centered over the dish, containing text.

Savory

**ANISE
ROASTED
LAMB WITH
CARAMELIZED
FENNEL FARO**



Anise Roasted Lamb with Caramelized Fennel Farro

& Lucky River Vineyard Pinot Noir

Ingredients

- 8 medium to large-sized Lamb ribs (usually one rack – Frenched)
- 1 package (6 oz.) Enoki mushrooms
- 1 cup Dry Italian farro
- 1 head of Fennel (core removed and sliced medium thin)
- 1 bunch Spring asparagus
- 3 cups Vegetable broth
- 1 tsp. Garam masala
- 1 Tbls. Sesame seeds
- 1 Tbls. Anise seed (toasted and ground)
- 1 oz. Butter
- 3 oz. Olive or Avocado oil
- Sea Salt to taste

Instructions

Preheat the oven to 400 degrees, and preheat the grill to medium heat.

In a small saucepan, add the vegetable broth and bring to a light boil. Add a pinch of sea salt and farro. Reduce heat to a simmer, cover, and cook for 20-25 minutes or until the farro is open and semi-soft. Keep warm.

In a small sauté pan on medium heat. Add a splash of oil, sesame seeds, salt, and garam masala. Toast until fragrant or golden brown.

Break off the ends of the asparagus and toss in 1 oz. of oil and place on the grill, making sure to quench any flames. Cover and cook until bright green with grill marks. Season with sea salt and keep warm.

Cut off the ends of the enoki mushrooms and toss in 1 oz. oil and place on a baking sheet. Roast in a preheated oven for 8-10 minutes or until they are crispy and golden brown.

Heat a medium to large, oven-safe sauté pan over medium-high heat. Coat your lamb ribs (rack) with sea salt and anise powder. Using ½ oz. of oil, sear your lamb rack until brown. Once ribs are seared, add pats of butter one at a time until ribs are well coated. Place in your preheated oven or grill for desired doneness (We go for medium rare to medium), about 10-12 minutes depending on size. Slice into individual ribs and serve hot.

In a medium saute pan on medium to low heat, add the remaining oil and fennel. Continue to cook until each slice of fennel is a darker brown and caramelized. Finish with sea salt and keep warm.

To assemble, combine the caramelized fennel and farro, placing them in the center of your dish. Next, add the asparagus, place 2 lamb ribs opposite or leaning against the asparagus. Sprinkle with enoki mushrooms and sesame seeds. Serve and enjoy!