

THE NIAGARA PARKS COMMISSION ELEMENTS ON THE FALLS

Garlic & Rosemary Scented Grilled Ontario Lamb Chops with Minted Apple Relish, Chive Spaetzle, Braised Red Cabbage and Grain Mustard Pinot Noir Sauce

Ingredients

Yield: 8 Portions

24	Each	Ontario Lamb Rack Chops (Ask Butcher or cut racks in chops)
2	Tbsp	Garlic (chopped)
2	Tbsp	Fresh Rosemary
4	oz	Vegetable Oil
2	oz	Balsamic Vinegar
	To Taste	Salt & Pepper
8	portion	Spaetzle
16	oz	Pinot Noir Grain Mustard Sauce
8	portion	Braised Red Cabbage
2	cups	Minted Apple Relish

Method

- Marinate lamb chops in garlic, rosemary, vegetable oil, balsamic vinegar and salt and pepper for 1 - 2 hours.
- Grill lamb chops over medium high heat to desired doneness.
- Arrange 3 lamb chops per person on top of 2 oz minted apple relish.
- Serve with spaetzle, braised red cabbage and your favourite vegetable.
- Top lamb with 2 oz Pinot Noir Grain Mustard Sauce.

Enjoy!

Chef Paul Pennock, C.C.C.

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Minted Apple Relish

Ingredients

Yield: 4 Cups

3/4 cup	White Vinegar
1/4 cup	Water
1 cup	Sugar
1/2 tsp	Salt
1/2 tsp	Mustard Seed

Diced Fine

1 lb	Apples (Ida Red or another cooking apple) - diced small
1 medium	Red Onion - diced small
1 only	Red Pepper - diced small
1 Tbsp	Mint - chopped
1/2 cup	Raisins
5 drops	Tabasco

Method

- Bring first five ingredients to a boil.
- Add remaining ingredients and 1/2 mint and cook 30 minutes.
- Add other 1/2 of mint and Tabasco.
- Cool and serve at room temperature.

Enjoy!

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Chive Spaetzle

Ingredients

Yield: 8 Portions (2 oz Each)

2	each	Whole Eggs
5	oz	Water
8	oz	Flour
½	tsp	Salt
2	tsp	Chopped Fresh Chives
	pinch	Nutmeg
	to taste	Salt & Pepper

Method

- Whip egg with wire whip in a large mixing bowl.
- Add water and blend.
- Add flour, salt, nutmeg and chives.
- Mix until well blended **DO NOT OVER MIX.**
- Bring pot of salted water to a boil.
- Using a palate knife and board drop spaetzle into water or push through a colander.
- Cook approximately 3 minutes.
- Remove with skimmer into a bowl of cold water.
- Sautee spaetzle in a small amount of butter and season to taste with salt and pepper.

Enjoy!

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Pinot Noir and Grainy Mustard Sauce

Ingredients

Yield: 2 Cups

2 oz	Shallots
2 oz	Pinot Noir Wine
2 oz	White Wine Vinegar
½ Tbsp	Whole Black Peppercorns
2 cups	Demi-Glaze
1 oz	Grainy Mustard
½ oz	Dijon Mustard
to taste	Salt & Pepper

Method

- In a sauce pot on high heat, saute shallots until golden brown.
- Deglaze with white vinegar, white wine, peppercorns and reduce to half.
- Add demi-glaze and bring to a boil.
- Finish with mustard.
- Strain.

Enjoy!

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Braised Red Cabbage

Ingredients

Yield:

2 lbs (½ head)	Red Cabbage - shredded
2 cups	Red Wine
2 cups	Red Wine Vinegar
1 cup	Brown Sugar
2 each	Apples - peeled and sliced

Method

- Shred cabbage and cover with vinegar, wine, apples and sugar.
- Let stand 24 hours in fridge.
- Braise in a pot uncovered 3 hours.

Enjoy!

Chef Paul Pennock, C.C.C.