



SEA RED LAMB
FRESH CORN & QUINOA SOUP

Colomé
DESDE
1831

HIGH ALTITUDE VINEYARDS
SALTA
ARGENTINA

Colomé
DENDE
1831

HIGH ALTITUDE VINEYARDS
SALTA
ARGENTINA

SEARED LAMB FRESH CORN & QUINOA SOUP

INGREDIENTS (Serves 4)

- 4 clean Lamb loins
- 1 head of garlic, cut horizontally
- Olive oil for frying
- Sea salt and freshly ground black pepper

FOR THE FRESH CORN & QUINOA SOUP

- 50 g (1.7 oz) butter
- 1 chopped white onion
- 2 peeled and sliced garlic cloves
- 6 ears of yellow corn
- 50 cm³ (1/4 cup) sherry vinegar
- 150 g (5.3 oz) washed white quinoa*
- 300 cm³ (10 oz) vegetable broth
- 1 bay leaf
- Fresh leaves of basil and mint
- Parsley
- Sea salt and freshly ground black pepper

FOR THE SAUCE

- 1/2 white onion, chopped into fine sticks
- 1 carrot, cut into slices
- 1/2 chopped white leek
- 1 tbsp cumin seeds
- 2 tbsp paprika
- 300 cm³ (10 oz) lamb broth
- 200 cm³ (7 oz) Colomé Estate Malbec
- 30 g (1 oz) butter
- 20 g (0.7 oz) honey



SEARED LAMB FRESH CORN & QUINOA SOUP

KITCHEN INSTRUCTIONS

Preheat the oven to 350°F

Season the lamb loins with salt and pepper. Add oil to a pan, and brown the meat with a pinch of salt. Add the garlic and bake in pan for 8 to 9 minutes.

Boil water for corn. Add ears of corn to the boiling water. Cook for 7 minutes. Remove corn immediately and place in ice water. Shell the ears of corn.

Sauté the onion and garlic in a medium hot pan with a tablespoon of butter for 5 minutes, until softened. Season pan with salt and pepper, then add corn and cook for 3 minutes.

Add prepared onion, garlic and corn to blender with 7 oz of water, and liquify until smooth. Strain the soup, add sherry vinegar to the soup, stir and place in fridge.

In a saucepan, boil the vegetable broth, add a bay leaf and the previously washed quinoa. Cook until the quinoa until it is transparent. Strain, let cool, and set aside.

In a saucepan with olive oil, sauté onions, carrots and leek. Add the spices, cook for 5 minutes and add the red wine. Allow the alcohol to evaporate and add the lamb broth. Cook until liquid is reduced by half. Strain the sauce and heat again, now adding butter and honey.

Remove the lamb loins from the oven and place in the hot sauce, covering entirely. Remove the lamb from sauce and let stand for 3 minutes. Then, cut each loin in 3 pieces, diagonally.

To serve, ladle corn soup on plate, add a spoonful of quinoa and a few dollops of the sauce. Sprinkle with basil, mint and parsley. Place lamb on plate and sprinkle with coarse sea salt. Serve.

Wash the quinoa in running water to remove coating

Enjoy!

