

Lamb Sirloin with Savory Pomegranate Sauce

Serves 2

Lamb top sirloin – also called the butterball – is tender when not overcooked. Lamb chops are a good substitute, though you will need to adjust the cooking time. Any leftovers will make great sandwiches. Serve this dish with mirepoix-studded couscous or your favorite starch and vegetable.

1 tablespoon olive oil + more as needed
3 tablespoons minced shallots
1 teaspoon minced garlic
1/4 cup dry red wine
1/2 cup low-sodium chicken broth
1 sprig rosemary, 2 inches long
1 sprig thyme
2 tablespoons pomegranate concentrate (see Note)
1/4 cup demi-glace (see Note)
1 lamb sirloin, about 3/4 pound
2 cloves garlic, peeled and thinly sliced (optional)
Kosher salt, to taste
Freshly ground pepper, to taste

Instructions: Add 1 tablespoon olive oil to a small saucepan over medium heat. Add shallots, cook briefly before adding garlic. When soft and fragrant, add wine and bring to a brisk simmer. Reduce to almost dry. Add broth, rosemary and thyme; continue to simmer until broth is reduced by at least half. Taste intermittently; remove and discard herbs before they become too strong.

Whisk in pomegranate concentrate and demi-glace. Simmer several additional minutes to meld flavors; taste then season as needed with salt and pepper. The sauce can be made a day ahead. Rewarm before serving.

Heat oven to 375°. Remove lamb from refrigerator about 20 minutes before cooking. Trim away any silver skin. If using the garlic, make slits in the lamb with a paring

knife and insert the garlic slices. Season lamb well with salt and pepper.

Heat a small ovenproof skillet over high heat. Add a thin coating of olive oil. When oil shimmers, gently place lamb in the skillet and brown on all sides; be sure that it releases on its own when skillet is shaken before turning. The last time it is turned, place in the preheated oven and cook until medium-rare – when the internal temperature reaches 130° on a meat thermometer.

Set skillet aside, move lamb to a platter and loosely tent with foil. Let the lamb rest for at least 15 minutes before slicing.

To serve: Reheat the sauce and serve with slices of the lamb. Optionally, reheat the sauce in the skillet, incorporating any juices and brown bits to further enhance the sauce.

Note: Pomegranate concentrate is reduced pomegranate juice that is fairly thick. Pomegranate molasses has a thinner texture; pomegranate syrup is even thinner and often used in beverages. If substituting pomegranate molasses for the concentrate, use a bit more. Look for pomegranate concentrate and molasses at Middle Eastern markets or in the international section of larger markets.

Shelf-stable demi-glace can be found in well-stocked culinary stores. Reconstitute according to package directions. Some stores make their own demi-glace, which is usually found in the freezer section.

Per serving: 384 calories, 34 g protein, 16 g carbohydrate, 17 g fat (5 g saturated), 97 mg cholesterol, 247 mg sodium, 0 fiber.