

# HARISSA-SPICED LAMB WITH GLAZED EGGPLANT AND PISTACHIO RAITA



By Chef Daniel Boulud

Serves 4

## INGREDIENTS

### Harissa-Spiced Lamb Chops

8 lamb chops  
1½ tablespoons Harissa spice mix  
1 tablespoon chopped mint  
1 tablespoon chopped parsley  
½ cup Grapeseed oil, as needed  
1 cup pistachios, crushed

### Pistachio Romesco

1 red bell pepper  
¼ cup extra virgin olive oil  
½ red onion, sliced  
2 Roma tomatoes, diced  
2 garlic cloves, sliced  
4 Piquillo peppers (canned)  
¼ cup sourdough croutons  
½ cup pistachios, crushed  
1 tablespoon red wine vinegar  
Smoked Spanish paprika  
Salt and pepper

### Glazed Eggplant

2 Japanese eggplants  
3 tablespoons sherry vinegar  
2 tablespoons honey  
Olive oil, as needed  
Salt and pepper

### Pistachio Raita

1 cup thick Greek yogurt  
½ cup cucumber, peeled, seeded, and grated  
2 cloves garlic, peeled, germ removed and finely grated  
½ lemon, zested  
2 tablespoons mint, chopped  
2 tablespoons pistachios, crushed  
Salt and pepper, as needed



## PREP AHEAD

1. Combine the Harissa spice mix and herbs with the grapeseed oil and blend using a hand blender until it forms a paste. Pour over the lamb and refrigerate for 1-2 hours or overnight.
2. Slice the eggplant into 1-inch slices.
3. Crush the pistachios using a pot until they are finely chopped. Reserve.
4. Over an open flame, blacken the skin of the red bell pepper. Transfer the pepper to a bowl and cover it with plastic, steam at room temperature for 10 minutes. Peel the black skin from the red pepper and trim away the seeds.
5. Thinly slice the red onion, Piquillo peppers, 2 cloves of garlic and combine in a bowl. Roughly dice the tomatoes and combine in the same bowl. Reserve.
6. Peel, seed and grate the cucumber. Toss it with 1 teaspoon of salt and rest at room temperature for 10 minutes to extract the liquid. Squeeze dry the grated cucumber and transfer to a small bowl.
7. Mix the Pistachio Raita, then combine all ingredients in the bowl with the grated cucumber, season with salt, lemon zest and pepper to taste. Mix in the crushed pistachios and chopped mint.

## INSTRUCTION

1. **For the Pistachio Romesco:** Heat 1 tablespoon of olive oil in a large sauté pan over high heat. Add the onion, tomatoes, garlic, and Piquillo peppers. Sauté until the onions are tender and the liquid has evaporated; about 4 minutes. Transfer peppers and cooked vegetables to a blender with the croutons, pistachios, and vinegar. Blend until smooth and while running, pour in the remaining olive oil until emulsified. Season, to taste, with paprika, salt and pepper.
2. **For the Glazed Eggplant:** Heat a thin layer of olive oil in a large sauté pan over high heat. Add eggplant in a single layer (you may need to do this in batches) and sear until golden brown on both sides. Reduce heat to medium and deglaze using the sherry vinegar and honey. Bring to a simmer until reduced to a glaze.
3. **For the Lamb Chops:** When ready to serve, preheat a grill to medium-high heat. Season the marinated lamb with salt and pepper and then grill the lamb until it is cooked to your desired temperature (about 5 minutes for medium rare). Remove from the grill and let rest for a few minutes. Brush some Romesco Sauce on each side of each chop and dip them in the reserved crushed pistachios to coat them.

## ASSEMBLY

1. Spoon some Romesco sauce onto each plate and drag a spoon across it to make a well.
2. Place 4 slices of glazed eggplant over the sauce and sprinkle some toasted pistachios on top.
3. Divide the lamb chops between the plates and serve the Raita on the side.