

# Pu-Erh Chai Infused Rack of Lamb with Cauliflower Mashed Potatoes and Roasted Asparagus

## FOR THE LAMB:

1 rack of lamb (8 ribs), frenched  
2 T olive oil  
Salt and pepper to taste

## FOR THE PU-ERH AND MASALA CHAI MARINADE:

3 C strong brewed [PuErhChai Infused Rack of Lamb tea](#), cooled  
2 T honey  
2 T soy sauce  
1 T balsamic vinegar  
3 cloves garlic, minced

1 T fresh ginger, grated  
1 † ground cumin  
1 † ground coriander  
1/2 † ground cinnamon  
1/2 † ground cardamom

## FOR THE LAMB'S SAUCE:

1/2 C red wine  
1/2 C beef or lamb broth  
1 T butter  
1 † cornstarch mixed with 1 T water  
(optional, for thickening)

## PREPARE THE MARINADE:

In a large bowl, combine the brewed PuErhChai Infused Rack of Lamb tea, honey, soy sauce, balsamic vinegar, minced garlic, grated ginger, ground cumin, ground coriander, ground cinnamon, and ground cardamom. Mix well.

## MARINATE THE LAMB:

1. Place the rack of lamb in a large resealable plastic bag or a shallow dish. Pour the marinade over the lamb, ensuring it is well coated.
2. Seal the bag or cover the dish and refrigerate for at least 4 hours, preferably overnight, to allow the flavors to infuse.

## COOK THE LAMB:

1. Preheat your oven to 400°F (200°C).
2. Remove the lamb from the marinade and pat dry with paper towels. Reserve the marinade for the sauce.
3. Season the lamb with salt and pepper.
4. In a large oven-safe skillet, heat the olive oil over medium-high heat. Sear the lamb on all sides until browned, about 2-3 minutes per side.
5. Transfer the skillet to the preheated oven and roast for 15-20 minutes, or until the internal temperature reaches 130°F (54°C) for medium-rare.
6. Remove the lamb from the oven, cover with foil, and let rest for 10 minutes before slicing.

## PREPARE THE LAMB SAUCE:

1. While the lamb is resting, pour the reserved marinade into a small saucepan. Add the red wine and beef or lamb broth.
2. Bring to a boil over medium-high heat, then reduce the heat and simmer for 10-15 minutes, or until the sauce is reduced by half.
3. Stir in the butter until melted and smooth. If you prefer a thicker sauce, add the cornstarch mixture and cook for an additional 1-2 minutes until thickened.

### **SERVE:**

1. Slice the rack of lamb into individual chops and arrange on a serving platter.
2. Drizzle the sauce over the lamb and serve immediately.

### **PREP AND COOK TIMES**

Prep Time: 20 minutes (plus marinating time)

Cook Time: 40 minutes

Total Time: 1 hour (plus marinating time)

## **JASMINE TEA CAULIFLOWER MASHED POTATOES**

2 C cauliflower florets

2 C Yukon potatoes, medium diced

1/4 C Greek yogurt

1 T butter

1/2 C strong brewed [Jasmine Chun Hao tea](#), cooled

Salt and pepper to taste

### **COOK THE VEGETABLES:**

1. Steam or boil the cauliflower and potatoes until fork-tender, about 15-20 minutes.
2. Strain the vegetables and drain any excess water.

### **MASH THE VEGETABLES:**

1. Add the cooked cauliflower and potatoes to a mixer or food processor.
2. Add Greek yogurt, butter, and brewed jasmine tea, then blend until smooth.
3. Season with salt and pepper to taste.

### **PREP AND COOK TIMES**

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

## **ROASTED ASPARAGUS**

1 lg bunch (about 1 pound) fresh asparagus

1-2 t olive oil

Salt and freshly ground black pepper to taste

### **PREHEAT OVEN:**

Preheat the oven to 425°F (220°C) and line a large, rimmed baking sheet with parchment paper.

### **PREPARE ASPARAGUS:**

1. Snap off the woody ends of the asparagus.
2. Place the asparagus on the baking sheet and drizzle with olive oil. Toss to coat.

3. Sprinkle with salt and pepper.

### **ROAST ASPARAGUS:**

1. Arrange the asparagus in a single layer on the baking sheet.
2. Bake until the asparagus is tender and easily pierced with a fork, about 10-15 minutes depending on thickness.

### **SEASON AND SERVE:**

Optionally, drizzle with lemon juice, sprinkle with Parmesan cheese, or add fresh herbs and red pepper flakes before serving.

### **PREP AND COOK TIMES**

Prep Time: 5 minutes

Cook Time: 10-15 minutes

Total Time: 15-20 minutes

## **LEMONGRASS-GINGER TEA SAUCE**

1 C water

2 T [Thai Yellow Curry tea](#)

1 T honey

1 T soy sauce

1 t cornstarch mixed with 1 T water  
(optional, for thickening)

### **BREW THE TEA:**

1. In a small saucepan, bring the water to a boil.
2. Add the tea. Reduce heat and simmer for 10 minutes.
3. Strain the tea to remove the leaves.

### **MAKE THE SAUCE:**

1. Return the strained tea to the saucepan.
2. Stir in the honey and soy sauce.
3. If you prefer a thicker sauce, add the cornstarch mixture and cook for an additional 1-2 minutes until thickened.

### **SERVE:**

Drizzle the lemongrass-ginger tea sauce over the roasted asparagus and serve alongside the Pu-ErhChai Infused Rack of Lamb.

### **PREP AND COOK TIMES**

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes