



DES BARRES MANOR INN

Historic DesBarres Manor Inn combines the luxury of a boutique hotel with the warmth of a country inn. Built in 1837 for Supreme Court Justice W.F. DesBarres, this magnificently restored 10 room bed & breakfast inn offers gourmet dining on six acres of landscaped grounds in the heart of the romantic seacoast village of Guysborough on Nova Scotia's Eastern Shore.

Luxurious rooms provide five star guest amenities and friendly innkeepers are pleased to give guests an insider's view of this scenic region at the head of the Atlantic Coast's largest bay.



Executive Chef *Shaun Zwarun*
Proprietor *Glynn Williams*

GUYSBOROUGH COUNTY RACK OF LAMB WITH FENNEL POMMERY COULIS & BLUEBERRY BEET CONFIT

Serves 4 as a main course

Ingredients

For the Lamb

4 Racks of lamb, French trimmed
3 tbsp olive oil
1tbsp fresh rosemary, chopped, (1 tsp dry)
Salt & freshly ground black pepper

For the Coulis

4 tbsp unsalted butter
1 medium fennel bulb, trimmed and diced
2 cloves garlic, shaved thinly
½ cup chicken stock
½ cup dry white wine
2 tbsp Pommery mustard
Salt & freshly ground black pepper

For the Confit

2 large beets, washed, skin on
1 tsp olive oil
2 tsp shallots, chopped
¼ cup honey
1 cup blueberries
½ cup balsamic vinegar
Salt & freshly ground pepper

To Prepare

For the Lamb

Preheat oven to 350°F. Season lamb with salt, pepper and rosemary. In a large sauté pan heat olive oil over medium high heat and brown lamb on all sides. Place lamb in oven and bake for approximately 15 minutes for medium.

For the Fennel Pommery Coulis

Melt the butter in a large saucepan over medium heat. Add fennel and garlic and season with salt & pepper and sauté for approximately 10 minutes. Add wine and stock and simmer until reduced and syrupy, approximately 5 minutes. Place mixture in a food processor with the mustard and puree.

For the Blueberry Beet Confit

Preheat oven to 400°F. Season beets with olive oil, salt & pepper. Place on baking sheet and bake for 1 to 1½ hours. Cool beets and peel. Slice beets into rounds. In a saucepan, sauté shallots quickly over medium heat. Add beets and remaining ingredients to shallots, bring to a simmer and reduce for approximately 10 minutes or until syrupy.

To Plate

Place 4 tablespoons of coulis in the middle of 13" dinner plate. Leave lamb rack whole, except for one chop sliced off to show degree of doneness. Place lamb on top of coulis. Arrange beet rounds around the edge of the plate and drizzle the beet & blueberry sauce around the fennel coulis. Garnish with fresh mint & pansies.

