FORESTS

Lamb ribs with fresh pigeon peas salad of local celery root, papaya, passionfruit leaves, "chironja" juice, and roasted chard

Gabriel Hernández

VERDE MESA RESTAURANT

Kevin García

AGROCOCINA

Lamb ribs with fresh pigeon peas salad of local celery root, papaya, passionfruit leaves, "chironja" juice, and roasted chard

UTENSILS

- Mixing bowl
- Medium pot
- Medium skillet or cast iron pan
- Cooking spatula
- Big spoon
- Cooking tongs
- Metal baking tray
- Microplane or grater
- Sharp knife
- Cooking table
- Hand whisk

SERVES

4-6 servings

TIME

1 hour of preparation +

30 minutes of cooking and assembly of ingredients

OPTIONAL INGREDIENT SUBSTITUTIONS AND/OR ADDITIONS:

Recao – cilantro
Passionfruit leaf: "baby spinach" or "bok choy"
Orangelo (chironja) – regular orange or pink grapefruit
Celery root – celeriac, parsnip, or golden potato
Lamb – mojo pork medallions or fish (especially coli rubia).

To make it vegan / vegetarian, replace the lamb with portobello steak and baby carrots. You can also substitute for cauliflower steak or roasted eggplant.

Recipe is gluten free, lactose free

Lamb ribs:

INGREDIENTS

- 2 pounds of lamb ribs
- Salt to taste black pepper to taste
- 1 lemon and its peel
- 3 tablespoons of oil (sunflower or grapeseed) + 1 tablespoon to seal the lamb
- 1 sprig of thyme Pigeon peas

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.
- Prepare the marinade (steps 1-4).

PROCEDURE

Step 1
In a deep glass container, add vegetable oil, salt, black pepper, lemon juice and grated lemon peel.

Step 2
Cut the tarragon and thyme into irregular cuts with scissors. Add them together with the lamb ribs.

Step 3
Gently handle the ribs using your hands. Incorporate the marinade around the lamb and cover it completely.

Step 4
Marinate for 1 hour at room temperature. It can be left marinating overnight in the fridge.

Step 5
Preheat the oven to 450F.
Add oil to a pan, preferably "cast iron", seal the lamb by all its parts.

Step 6
Place the lamb in a metal oven tray or other pan and cook at 450F for 20 minutes, and cook the meat to medium or to an internal temperature of 125F measured by using a meat thermometer.

Step 7
Let it rest for 10 minutes before serving.

Pigeon peas, papaya, and passionfruit salad - included in box (it is not necessary to buy these ingredients):

INGREDIENTS

- 2 cups of cooked pigeon peas
- 2 cups celery root diced
- 2 cups of diced papaya
- ½ cup lilac onion, diced small
- ½ cup cubanelle pepper cut into small squares
- 1/4 cup orangelo (chironja) juice
- 1/4 cup lemon juice
- ½ cup oil (sunflower or grapeseed)
- 2 ounces or 4 sheets of passionfruit
- 1 ounce or 4 tarragon leaves
- 1 ounce fresh pepper
- 2 tablespoons of salt

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.

PROCEDURE

Step 1
In a medium saucepan, bring water to a boil with 1 tablespoon of salt and add the pigeon peas.

Step 2
Cook for 15-20 minutes or when the pigeon peas are soft when pressed. If using dry pigeon peas, use a pressure cooker to cook them.

Step 3
In another medium pot, bring water to a boil with 1 tablespoon of salt and add the celery root.

Step 4
Cook for 15-20 mins or when the celery is soft to chew but maintaining its shape. Do not overcook the celery root.

Step 5
Take the pigeon peas at the appropriate temperature.

Step 6
Bring water to a boil in a small pot and place the passionfruit leaves. Boil for 5 seconds and stir immediately. Let it cool down to room temperature.

Step 7
On a chopping board, place tarragon, recao leaves, and passionfruit leaves, and finely chop with a knife. Preserve.

Step 8
In a bowl place the orangelo (chironja) and lemon juice, gently beat the ingredients while adding the oil, until it is mixed well, forming a vinaigrette. Preserve.

Step 9
In the same bowl where the vinaigrette is, place the pigeon peas, papaya, onion, and chopped leaves.

Step 10
Combine the ingredients, taste before adjusting the salt and pepper to taste. Preserve.

Roasted chard:

INGREDIENTS

- 4 large chard leaves, 1 tsp oil (sunflower or grapeseed)
- 1 tablespoons lemon juice
- 4 pinches of salt
- 4 pinches of black pepper

PREPARATION BEFORE THE EVENT

- Measure and cut ingredients prior to event.

PROCEDURE

Step 1
On a flat plate, place the chard and mix it gently with the oil, salt, pepper, and lemon juice.

Step 2
In a frying pan, griddle or grill over high heat, cook the chard until it softens but without overcooking it. Preserve on a paper towel on a plate.

TO SERVE

Step 1
Cut lamb ribs into sections, following the middle of each bone as a guide.

Step 2
In a flat plate or bowl, place two tablespoons of the pigeon peas and celery salad, a portion of the lamb, and finish with the roasted chard around the lamb or wherever you like.

Step 3
You can finish with more lemon juice.

FARMS

Fincas Al Sol de Hoy

Agricultor Don Luis

Frutos del Guacabo

SOLIDARITY COMMITTEE

Andrew Darell

Carmen Báez

Carlos M. Meléndez & María C. Umpierre

Diana Pérez & Blas Fonalledas

Drs. Liliana M. Arabía & Félix V. Matos Rodríguez

Herb Allen & Mónica de la Torre

Jose Rafael & Marechy Fernández

Lisette Núñez & William Berry

Luis A. Ferré Rangel, Dr. Sarah E. Bird & Isabel Ferré Sadurní

M Salomé Galib & Duane McLaughlin

Margie Rullán & Lemuel de Jesús

Senator & Mrs. Mack Mattingly

SPECIAL COLLABORATION

Brands of Puerto Rico

El Almacén del Vino

The Herrans Group

V. Suárez & Company

SOLIDARITY PARTNERS

Forest Partner
Oriental

Coastal Partners
Avory & Co
Fulcro Insurance
Interlink

River Partners
INFIVA
Plaza Provision
PR Farm Credit

Wetland Partners
Dulce Caña
Evertec
Motorambar
Semillero Partners
Universal Insurance

Dry Forest Partners
Amgen Manufacturing Limited
Plaza Food Systems
Walmart

Cocktail Collaborator
Destilería Serrallés

QUESTIONS? CONTACT US.

Diana Betancourt
Individual Reservations

787.636.3037

Awilda Muñiz Ruiz
Corporate Sponsors

787.354.2560

desarrollo@pln.org