

# Cooking School

*with the London Chef*

## Oven Roast Rack of Lamb, Creamy Polenta with Red Wine Tomato Sauce & Wilted Spinach

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking.

Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen. This recipe can be easily doubled, but if you increase food quantity please make sure to use appropriate sized pots/pans for for the best outcome.

### Lamb

1 rack of lamb  
Dijon mustard  
Rosemary

### Polenta

Dry polenta  
Chaunk grana padano or other hard Italian cheese  
Butter

### Tomato Sauce

Small glass red wine  
Crushed tomatoes  
Garlic  
Bay kead

### Wilted Spinach

1 bag fresh spinach  
Paper towel

### Cooking Equipment

2 large frying pans  
Medium pot  
Cutting board  
Knife  
Wooden spoon  
Tasting spoons  
Preheat oven to 450  
Olive Oil  
Salt

\*GF