

Sweetbreads and Lemon Sauce

Introduction

Sweetbreads and lemon sauce is a refined dish that balances the richness of lamb sweetbreads with the brightness of lemon. In this version, **SHO - Concentrated Light Stock** adds savory depth, tying together the caramelized sweetbreads with the light citrus sauce. The result is a harmonious plate where umami and acidity balance beautifully.

Recipe Details

Yield/Servings: 10 servings (Approx. 150g per serving)

Allergens: None

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Ingredients

Ingredient	Quantity (g)
Lamb Sweetbreads	1500
SHO - Concentrated Light Stock	225
Lemon Juice	150
Extra Virgin Olive Oil	450
Unsalted Butter	225
Neutral Oil	60

Instructions

1. Blanch the sweetbreads: Bring a pot of water to a boil with **SHO - Concentrated Light Stock** (use approx. 1 part SHO for every 20 parts water).
2. Poach the sweetbreads gently for 5 minutes, then remove and cool at room temperature.
3. Peel away the outer membrane of the sweetbreads carefully.
4. Prepare the lemon sauce by mixing lemon juice, olive oil, and **SHO - Concentrated Light Stock** (about one-third of the total **SHO**). Blend until emulsified and keep reserved.
5. In a casserole, heat neutral oil over medium-high heat. Add the sweetbreads and caramelize on one side.
6. Add the butter and baste while searing the sweetbreads until golden brown on all sides.

7. Remove from the pan, plate immediately, and drizzle with the lemon-SHO sauce just before serving.

Tips and Notes

- Ensure sweetbreads are thoroughly peeled for the best texture.
- For a richer sauce, whisk in a small knob of butter before serving.
- Serve with some chopped parsley.