

STUFFED SADDLE OF LAMB



Revista
Ago. | Set. 09

Photos: Vasco Célio
Chef: Paul Cotterill

INGREDIENTS

Sauce: 1 lamb Oxo stock cube • 1 tablespoon Lea & Perrins Worcestershire Sauce • 100ml medium dry Madeira wine • A good pinch of saffron strands • 1 carrot • 1 red onion • 2 sticks of celery • 1 leek • 4 bay leaves • 6 peppercorns

Stuffing for lamb: 2 Lamb's kidneys • Salted Butter • 250g fresh baby spinach • 1 packet of mixed field mushrooms • 25g pine nuts • 2 cloves garlic • 1 small tub mascarpone cheese • 1 egg yolk.

Lamb: Saddle of Lamb approx 2 kg, unboned then boned by Apolonia Butcher • Fresh sage leaves • Fresh thyme • 1 head of garlic

Rösti: 6 large potatoes for the Rösti • Olive oil

Pea and Broad Beach Mini Quiches: 100g fresh or frozen peas • 300g fresh broad beans (in pods) • 2 egg yolks • 100ml double cream • Nutmeg

Gren beans Parcels: 1 packet of French green beans • 1 packet of Mayers streaky bacon

METHOD

Sauce: Add 1.5 litres of boiling water to the stock cube and mix • Peel and roughly chop the carrot, onion, celery sticks and leek • Pour the stock into a pan and add the chopped vegetables, the bay leaves, the peppercorns, a dash of Madeira wine, Worcestershire Sauce • Bring to the boil and then simmer on a low heat for 90minutes • Add the juices produced from straining the sautéed mushrooms/spinach/kidneys from the stuffing • Strain the stock and reduce until half the volume, remove any skin that forms • Pour the reduction into the roasting dish used to roast the lamb, adding the saffron strands to deglaze the roasting dish and continue to heat for 5 mins • Pour into a small pan and aerate with a hand blender • Reserve until needed when put back on heat and reduce by 1 third

Stuffing: Add a knob of salted butter to a frying pan and add the finely chopped field mushrooms • Sauté, adding pepper and salt – don't be afraid to cook them right down, the browner the better • Drain the cooked mushroom to remove as much moisture as possible • Add a knob of butter to same pan and wilt the fresh spinach • Remove and strain with the mushrooms • Chop the kidneys and sear in the same pan for approx 20 seconds • Toast the pine nuts in separate pan • Mix by hand with the kidneys, spinach, mushrooms add the egg yolk and 1 spoonful of mascarpone mix well and leave to cool in the fridge for 1 hour

Saddle of Lamb: Cut garlic bulbs in half, sprinkle with salt leave for 20 mins • Rub the boned lamb all over with the garlic halves • Flatten out the saddle, pulling back the flaps of skin • Drizzle with olive oil • Line the centre dip with sage leaves • Cover the leaves with the chilled stuffing • Top with the lamb filets separated by the butcher when the saddle is boned • Draw round the flaps of skin to make a roll joint • Tie the joint with string • Plug the ends with large sage leaves, held in place by the string, to stop the stuffing falling out • Brown the joint in a large pan over the hob • In a roasting dish lay the browned joint on the thyme and add the garlic halves then place in the oven • Roast for 20 minutes at 200°C (fan assisted) and a further 20 minutes at 180°C • Remove from the oven and leave to rest in a warm place for 10 minutes

RÖSTI

Peel and roughly grate the potatoes but do not rinse to retain the starch, remove as much moisture from the grated potato as possible, add a little salt and gently mix • Add olive oil to a flat pan, place metal rings in it to use as moulds, pushing the potato down inside them, allow to brown • Drizzle oil on the tops and flip, cook until browned. Reserve and then bake in the oven with the lamb for 20 mins

PEA AND BROAD BEACH MINI QUICHES

Quickly boil the broad beans then place in iced water – remove the skins of each bean • Sauté the beans in butter, season with salt • Cook the peas • Whisk 1 whole egg with one egg yolk, grate in some nutmeg, add the double cream and whisk • Place the beans and the peas into the ramekins • Pour about 2 centimetres of water into a baking tray • Place the ramekins on the tray • Pour in the egg mixture into each ramekin • Gently stir to ensure the egg mixture gets into all the beans and peas to remove any air pockets • Place in an oven at 180°C with the lamb for 20 minutes

GREEN BEANS PARCELS

Roll about 8 beans, topped and tailed, in a small strip of streaky bacon (about 1/3rd of a slice), repeat • Steam the parcels for 10 minutes

PLATING UP

Carefully remove string from Lamb • Carve the lamb into thick slices (2cms) • Place a rösti on the plate and lay the Lamb slice half onto the rösti • Arrange a bean bundle and a mini quiche on each plate • Drizzle with the sauce and eat!