



# LAMB CHOPS

## PREPARATION

*Preheat the oven to 140°C/gas mark 1*

*Slice each tomato in half and season with salt, pepper and olive oil. Cook in the oven for approximately 4 hours, until the tomatoes have dried out*

*To marinate the lamb chops, chop the herbs and rub all over the racks with the olive oil and crushed garlic cloves. Place in the fridge*

*Now prepare the lamb breast. Add a dash of oil to a large, hot saucepan and add the lamb breast and bones, shallots, carrot and garlic cloves. Cook until the lamb and vegetables are nicely browned*

*Add the tomato purée, cook for 1 minute, then drain off any lamb fat that has been released into the pan and reserve for later. Deglaze the pan with the sherry vinegar and reduce the vinegar by three quarters*

*Add the lamb stock, scraping the bottom of the pan to remove any residue, then transfer everything to a pressure cooker. Cook for 1 hour, then carefully depressurise*

*Remove the meat from the pan and set aside. Add a sprig of rosemary and reduce the liquid to a sauce consistency. Pass through a fine sieve into a pan – if there is a lot of lamb fat on the surface, you can place the sauce in the fridge so that the fat sets solidly for easy removal*

*Shred the lamb meat and pick through to remove any pieces of sinew or fat. Place a double layer of cling film on a work surface and place the meat in a line down the centre. Roll the cling film around the meat to make a 3–4cm wide sausage and place in the fridge to set*

*For the mint salsa verde, simply add all the ingredients to a food processor or blender and blitz to a thick paste. Season to taste*

*Set the oven to 190°C/gas mark 5 and a deep-fryer to 170°C. Remove the lamb chops from the fridge to come up to temperature before cooking*

*Remove the lamb breast sausage from the fridge and use a very sharp knife to cut into even pieces, (don't forget to remove the cling film from each piece.) Dust each croquette first in flour, then beaten egg, then finally a good coating of Panko breadcrumbs. Set aside in the fridge until ready to deep-fry*

*Place 2 pans over a high heat. Once hot, add the lamb to one and cook until the fat is golden brown and slightly rendered. Turn over and sear for a further minute place in oven for 3 minutes. After this time, insert a temperature probe – you're looking for an internal temperature of 52°C. If it's not ready, return to the oven and check back at minute intervals while the lamb is cooking brown the potatoes in the reserved lamb fat till golden*

*Remove the lamb from the oven and allow to rest for 5 minutes. Meanwhile, gently reheat the lamb sauce*

*Deep-fry the croquettes until golden brown, then drain on kitchen paper and season*

*cook the vegetables in a butter and water mix (50/50) till al dente*

*Dress the plates with small spoonfuls of mint salsa verde, potatoes, tomatoes and vegetables. Finish with some of the lamb sauce and the feta cheese.*

## INGREDIENTS

- 4 X 6oz Double Lamb Chop
- 1 Sprig Of Rosemary
- 4 Sprigs Of Thyme
- 3 Garlic Cloves, Crushed
- 70ml Of Olive Oil

### For The Tomatoes

- 20 Cherry Tomatoes
- Olive Oil
- Salt
- Pepper

### For The Lamb Croquettes

- 1 Lamb Breast, With Bones
- 1000 Ml Of Lamb Stock
- 4 Shallots, Roughly Chopped
- 2 Carrot, Roughly Chopped
- 1 Tbsp. Of Tomato Purée
- 4 Garlic Cloves
- 60 Ml Of Sherry Vinegar
- 2 Handfuls Of Panko Breadcrumbs
- 3 Tbsp. Of Flour
- 1 Egg, Whisked With A Small Pinch Of Salt

### For The Mint Salsa Verde

- 1 Bunch Of Mint
- 2 Salted Anchovies
- 15g Of Capers
- 1 Tsp Dijon Mustard
- 30ml Of Olive Oil
- Salt
- Pepper

### For The Vegetables

- Handful Of Fresh Peas
- Handful Of Double Podded Broad Beans
- 12 Brauton Asparagus Tips
- 8 Spring Onions Bulb End Split In Half
- 60g Feta Cheese In 5mm Dice
- 400g Boiled Cornish New Potatoes