

New season lamb rump

crushed peas, crumbled feta and minted new potatoes



Ingredients

- 1 Lamb rump
- *180g Crushed peas
- 25g Greek feta
- 100g Red wine jus/sauce
(you can buy this from a supermarket)
- *200g Buttered new potatoes with mint
- Salt and freshly milled pepper
for seasoning

Method

1. Score the lamb fat in a crisscross fashion.
2. Season the lamb with salt and place into a cold frying pan fat side down.
3. Place on a high heat and render out the fat. Once the fat is rendered out and crispy, seal the remaining sides of the rump and place in the oven to cook to the desired temperature (52°C will give you a medium) Allow to rest for 2 to 3 minutes.
4. Heat the crushed peas and red wine sauce in separate pans.
5. Ladle the red wine sauce into the centre of a warm main course bowl.

6. Carefully spoon the crushed peas into the middle of the bowl on top of the sauce then crumble over the feta.
7. Slice the lamb rump into 4 and lay on top of the peas.
8. Serve with a portion of minted new potatoes.

*Crushed Peas

Ingredients

- 350g Frozen petit pois
- 75g Onions
- 10g Garlic purée
- 3g Thyme
- 5g Fine sea salt
- 1g Black peppercorns

Method

1. Finely sliced the onion and put them into a pan with the rapeseed oil. Place on the heat to cook and soften.

2. Once soft add the garlic and picked thyme, remove from the heat and sauté as not to burn the garlic. Season to taste with salt.
3. Allow to cool and add to the defrosted peas. Crush the peas gently together with the onion mix.
4. Season to taste with salt and freshly milled black pepper.

*Minted new potatoes

Ingredients

- 200g New potatoes
- 25g Butter
- 2g Mint
- Maldon sea salt for seasoning

Method

1. Place the new potatoes in a deep saucepan with a tablespoon of salt and boil until cooked.
2. Drain the potatoes in a colander and place back in the pan. Add the butter toss together.
3. Finish with freshly chopped mint and a pinch of Maldon sea salt.