Super Lamb Recipe – only if you have the time

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Ingredients

Pan Seared Lamb Medallions on Butter Bean Stew with Salsa Verde

Lamb

600g **Lamb Medallions** or **Lamb Steak**, visible fat trimmed
a handful **Rosemary** leaves, chopped
1 Tbsp **Cumin**
1 Tbsp **Paprika**
1 Tbsp **Tumeric**
1 Tbsp crushed **Black Pepper**
2 tsp **Cayenne Pepper**
1 knob of **Butter**
1 cup **Chicken Stock**
EVOO
Sea Salt

Bean Stew

400g can of **Butter Beans**, drained
2 rashers **Pancetta** or **Bacon**, chopped
1 **Carrot**, minced
1 stalk of **Celery**, minced
1 medium **Red Onion**, minced
2 cloves of **Garlic**, crushed
1 sprig of **Thyme**
1 **Bay Leaf**
2 cups **Chicken Stock**
1 Tbsp **Tomato Paste**
Freshly Ground Black Pepper
Sea Salt

EVOO

Salsa Verde

1 cup **Basil**
1 cup **Italian Parsley**
1 cup **Mint**
3 fillets of **Anchovies**
1 Tbsp **Capers**
2 Tbsp **Red Wine Vinegar**
2 tsp **Dijon Mustard**
2 cloves **Garlic**, peeled
1 small **Shallot**, peeled
1 tsp **Black Pepper**
1/2 cup **EVOO**

Instructions

Pan Seared Lamb Medallions on Butter Bean Stew with Salsa Verde

Lamb
-Mix all ingredients together except salt, evoo, stock and butter. Marinate 15-30mins.
-Get pan hot on medium high heat. Add a little EVOO and butter. When it starts to smoke a little, sear lamb at 3-4mins a side for medium. Baste continuously with pan oil and butter when searing. Set lamb aside and drain oil.
-Deglaze pan with chicken stock and set pan jus aside.

Bean Stew
-Get dutch oven hot on low heat. Render bacon fat for 5 mins. Turn up heat to medium and add carrots, onions, celery and a little EVOO if it's too dry. Saute 5 mins.
-Add tomato paste, bay leaf, thyme, garlic and pepper. Toss. Saute until vegetables are lightly caramelized.
-Add beans and toss. Saute 5 mins. Add stock and bring to boil. Turn heat to low and simmer uncovered until right consistency. Season to taste.

Salsa Verde
-Put everything in a blender and blitz. Do not add salt.

Putting it altogether:

-Make bean stew until half way through last step when it's simmering.
-Sear lamb and set aside. Deglaze. Add pan jus to bean stew.
-Blitz salsa verde.
-Bean stew is ready. Fold in 1 Tbsp of Salsa Verde.
-To plate, ladle stew in the middle of plate, top with lamb. Drizzle remaining Salsa Verde if desired.
-Serve.