



Sweet Herbed Lamb

Succulent lamb coated with a sweet crust of herbs. The sweetness comes from the addition of Madeira cake. This is an ideal recipe in which to use any dry leftovers. The long preparation time is due to making an intense stock sauce to accompany the lamb. If time is short, this can be omitted, however, it is worth the effort. For much of this preparation time, the sauce can look after itself! It can also be made ahead of the lamb.

Serves : 4

Preparation Time : 3 1/2 hours (see above)

Cooking Time : 20 minutes plus 20 minutes resting time

Ingredients

2 x 4 cutlet best end of lamb
4 tbsp fine crumbs of Madeira cake
2 garlic cloves, finely chopped
6 tbsp butter
salt and pepper seasoning

Herbs & Spices

1 tbsp dry Parsley or 2 tbsp finely chopped fresh Parsley
1 tsp Herbes de Provence
1/2 tsp dry Rosemary or 1 tsp chopped fresh Rosemary
1 Bouquet Garni or 1 Bouquet Garni for Red Meat

Sauce:

2 carrots, halved but not peeled
2 onions peeled and halved
4 fl oz / 120 ml medium dry white wine
4 ripe tomatoes, roughly chopped
salt and pepper to taste

Cooking Instructions

Preheat oven to 230C/450F/ gas mark 8

Trim the 'eye' of the lamb from each set of cutlets. Set aside in the fridge. Remove as much meat from the trimmings as possible, discarding the fat and skin but keeping the bones.

Sauce:

Separate the cutlet bones and place with any trimmings in a roasting dish. Add the carrots and onions, and bake in the oven for about 20 minutes to brown them.

Remove the lamb and veg from the oven and place in a large pot on the hob. Add 4 pints / 2.25 litres of water along with the wine, tomatoes and bouquet garni. Scrape any bits from the roasting tin into the pot, then bring to the boil then immediately reduce the heat. Allow to gentle simmer for 2 hours, uncovered without further boiling.

Strain the resulting stock and return to the heat. Bring to the boiling point again and simmer until it is about 1/3rd its original volume.

Take 1/2 pint / 275 ml of this reduced stock, and further reduce it by half. The stock should start to thicken to a sauce. Season to taste.

Lamb:

Preheat oven to 200C / 400F / gas mark 6

Melt the butter gently in a pan until the solids separate. Spoon off the clarified butter and allow to cool, but not set (discard the solids). Mix together the Madeira crumbs, garlic, herbs and seasoning and spread over a plate.

Brush each lamb 'eye' with the cooled butter and press into the herb mix, rolling it slightly. Repeat with the other side carefully to not dislodge the crust. Leave to rest at room temperature for 20 minutes.

Place the lamb on a rack over a roasting tin and roast for 20 minutes. remove from the oven and leave in a warm place for 20 minutes to rest and let the pinkness develop. Slice each eye carefully and serve immediately with the sauce.