

A Tasting of Derbyshire Lamb

Lamb Confit

500g	Lamb shoulder
1	Carrot, peeled and chopped
1	Onion, peeled and chopped
1	Thyme sprig
1	Star anise
2	Garlic cloves, peeled
500g	Duck fat

Place all the ingredients in an oven proof dish and cook at 130oC for 3.5 hours until tender

Potato Rosti

1	Baking potato, large
1dspn	Chives, chopped
20g	Butter
1dspn	Oli

Grate the potato and squeeze out any excess water. Season with salt & pepper. Add chives and mix together. Heat up a large frying pan. When hot, add the potato and press down to get an even layer. Cook until golden brown, then turn over and colour the other side. Remove from pan, cut out 8 circles with a 5cm diameter pastry cutter.

Onion Marmalade

500g	Onion, sliced
1dspn	Nut oil
25g	Butter
100ml	Balsamic vinegar
100ml	White wine
100ml	Demarara sugar

Place onions in a pan with oil and butter and cover. Cook on low heat until onions are very soft, approx 15-20 mins. Add the rest of the ingredients, turn up the heat and cook until liquid has reduced to a sticky glaze. Season and leave to cool.

Rack of Lamb & Sauce

4 x 250g	Rack of lamb
4-5kg	Bones
2	Onions, chopped
2	Carrots, chopped
2	Thyme sprigs
2	Celery sticks
2	Rosemary sprigs
5litres	Water

Place bones and vegetables in the oven to brown (very well done). Place bones, vegetables, herbs and water in large stock-pot pan. Bring to boil and skim off any scum from the top. Simmer for 6-8 hours and keep skimming the surface. Drain off the liquid into a clean pan and reduce down to concentrate flavour, add 300ml of red wine, 1tbsp red current jelly and keep reducing, until you have 300-400ml left. Thicken slightly if required and pass through a fine sieve. Prepare racks removing all the sinew, fat and bones, apart from one rack bone which needs to be cleaned. You should be left with the cannon (eye of the meat) and one bone at one end.

Finishing the Dish

Flake down the lamb shoulder and mix with the onion marmalade. Place into 4 x 5cm rings, with a rosti on the bottom and top to make a little "gateaux". Warm up in oven.

Seal the cannon of lamb off in a hot pan and cook for 8-10 mins at 200oC until pink. Remove and rest. Warm up the sauce.

In a pan, warm up peeled broad beans and haricot beans.

Place Confit gateaux in middle of plate, slice the cannon into 4 and place on top. Scatter the beans around the plate and sauce around the gateaux.