

ADAM GRAY

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English Vegetable Minestrone with a Roasted Chump of Lune Valley Lamb and Lovage Pesto

(serves 4)

Ingredients

4 x 6oz Chumps of Lune Valley lamb
100g Fresh English peas – podded
100g Fresh English broad beans
1 Bunch of baby fennel – trimmed and cut into even pieces
8 Baby leeks – trimmed
6 Baby onions – peeled
8 English baby carrots -peeled
2 Plum tomatoes – cut into quarters, skin removed and de-seeded
200ml Farringtons Mellow Yellow rapeseed oil
Salt
Ground white pepper

Minestrone Sauce Ingredients

500g Cherry tomatoes – halved
1 Stick of celery – roughly chopped
1 Medium carrot – roughly chopped
1 Small onion – roughly chopped
Half garlic clove – crushed
1 Bay leave
500ml Vegetable stock
1 Sprig of fresh tarragon

Lovage Pesto Ingredients

¼ Bunch of basil
¼ Bunch of lovage
½ Clove of garlic
90ml Farrington's Mellow Yellow rapeseed oil
Salt
Ground white pepper



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English Vegetable Minestrone with a Roasted Chump of Lune Valley Lamb and Lovage Pesto (cont'd)

Method

- Blanch all the vegetables separately in boiling salted water and refresh in iced cold water.
- Remove the vegetables from the iced cold water and place on a tray lined with kitchen paper to remove any of the excess water.
- Pre heat the oven to 180 c.
- Heat an oven proof frying pan on the stove to a medium heat.
- Season the lamb chumps with salt and pepper and place in the frying pan fat side down.
- Allow the fat on the lamb to render down so it becomes golden brown and continue to seal the lamb on all sides to a light golden brown colour.
- Place the lamb in the pre heated oven in the frying pan and cook for 8-10 minutes for medium rare.
- Remove the lamb from the oven and leave to rest on a cooling wire until needed.

To Make the Lovage Pesto

- Pick the herbs down and roughly chop.
- Place all the herbs in a food processor with the garlic and blend with the rapeseed oil.
- Season with salt and pepper

To Make the Minestrone Sauce

- Heat a thick bottom sauce pan to a medium heat and add a little rapeseed oil.
- Add the roughly cut vegetables and cook without any colour.
- Add garlic and herbs and continue to cook for further 3-5 minutes.
- Add the cherry tomatoes and cover the pan and stew gently for 10 minutes.
- When tomatoes are soft, cover with the vegetable stock and cook for a further 15 minutes.
- Liquidize and pass.

To Serve

- Place the pre cooked lamb back in the oven for 2-3 minutes.
- Heat all the blanched vegetables and the tomato pieces in a little butter and water emulsion
- Warm the minestrone sauce in a sauce pan, but do not boil.
- Arrange the cooked vegetables on the left hand side of the serving dish and spoon over a little of the lovage pesto.
- Slice the lamb chump into four even slices and place on the right hand side of the serving bowl.
- Serve the minestrone sauce in a sauce jug on the side.