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Lamb Steak, Boulangere Potato & Spring Vegetables

Ingredients

3 large potatoes, about 550g
2 small onions
600ml lamb stock
100ml milk
35g butter
Salt and black pepper
Large lamb leg steaks, one per person
Extra virgin olive oil
100ml red grape juice
2 teaspoons of redcurrant jelly
2 courgettes
200g asparagus spears
150g frozen petit pois
1 lemon
A small handful of parsley

Servings
3
Person

Preparation

1. Preheat the oven to 180 degrees, 160 degrees fan oven. Peel and slice the potatoes very thinly. Peel and halve the onions then slice thinly. Use 10g of butter to lightly grease an oven dish for the boulangere potatoes.
2. Place a layer of overlapping potato slices on the bottom of the dish, cover with a thin layer of onion then season well with salt and black pepper. Repeat the layers, finishing with a layer of potato. Mix together 100ml of hot lamb stock and 100ml of milk then pour over the potatoes and onions. Cut the remaining butter into small pieces and dot on top. Bake for about an hour
3. the top should be crisp and brown with the potato and onion underneath soft and cooked through.
4. Take the lamb steaks out of the fridge, drizzle and rub in a little olive oil on both sides and season with salt and pepper, then leave out to reach room temperature.
5. When you are ready to cook the lamb, lightly oil a baking tray and warm in the oven. Fry the steaks in a hot, dry pan for just a minute or two on each side to brown them then place on the warmed tray and bake for 5-8 minutes, depending on thickness. Allow to rest before serving.
6. As soon as the meat is in the oven, pour the red grape juice into the pan used to fry the steaks and combine with the lamb juices. [Red wine would normally be used for this jus, but grape juice is a good alternative.] Simmer, stirring occasionally, for a few minutes to reduce the liquid then stir in the redcurrant jelly. Stir in the hot lamb stock and simmer briskly until it reduces and begins to thicken.
7. Meanwhile, cook the frozen petit pois according to instructions. Halve the asparagus, chop the courgettes into thick batons and steam for 2-3 minutes. Toss in a warmed dish with a little olive oil and add a good squeeze of lemon before serving, garnished with a little finely chopped parsley.

Cooks Note

Boulangere potatoes, a lighter but delicious alternative to dauphinoise potatoes, are the perfect accompaniment for tender lamb steaks. Serve with a lovely lamb and redcurrant jus and a selection of spring vegetables, asparagus, courgettes and peas, lightly dressed with olive oil and lemon juice, for the perfect Easter lunch.

Serves 3-4.