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by Liz Robb

Lamb Cutlets, Shallot Puree and Honey Roast Root Vegetables

Ingredients

4 lamb cutlets
1 fat clove of garlic
A sprig of fresh rosemary
Olive oil
Salt and black pepper
300g shallots
50g butter
2-3 bay leaves
75ml chicken stock
4 tablespoons of double cream
2 parsnips
3 carrots
2 red onions
4 teaspoons of runny honey
A few sprigs of fresh thyme
Servings
2
Person

Preparation

1. Scrape clean the bones jutting out from the lamb cutlets; my butcher cut them from a rack of lamb and did this for me. Place them in a bowl.
2. Peel and crush the garlic into the bowl with the rosemary needles, 2 tablespoons of olive oil and salt and pepper. Mix well to coat the meat and then cover and chill for a couple of hours. Take them out of the fridge half an hour before cooking.
3. Peel and finely slice the shallots. Melt the butter in a small frying pan and very gently sweat the shallots and bay leaves in it, stirring frequently, to soften, for about 45 minutes.
4. Meanwhile, heat the oven to 200 degrees or 180 degrees fan oven. Warm 2-3 tablespoons of olive oil in a deep oven tray.
5. Peel the carrots and parsnips, cut into thick batons then peel and quarter the red onions. Toss them in the warmed oil, add another spray of oil and drizzle on the honey evenly. Sprinkle in the thyme leaves, season and roast for 35 minutes, turn once
6. To make the puree, remove the bay leaves from the shallots, stir in the chicken stock and then the cream and simmer very gently for a minute or two, stirring. Blend to a thick smooth puree and check the seasoning. Keep warm until the meat is ready.
7. When the vegetables are almost ready, heat a griddle pan. Place the lamb cutlets in the hot dry pan, season with a little salt and black pepper, press gently and cook for 3-5 minutes on each side, depending on thickness and your own preference.
8. Spoon a generous pool of puree onto each plate, place the cutlets onto the puree and arrange a selection of roasted vegetables at the side.

Cooks Note

This dish does take some time to prepare because the meat is marinated before cooking, the vegetables are roasted and the shallots are slowly sweated down to make a rich puree. However, it is very uncomplicated to cook, using simple ingredients, and makes a special meal for two, or an attractive and tasty dinner party dish; just adjust the quantities accordingly.