



# Glorious!



A special collection of regional recipes using quality beef and lamb from some of England's finest chefs.







First published in England in 2005

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# Glorious!



'His passion for pure and true quality meat is peerless. His dedication and tireless quest for consistently top quality meats should be a lesson to us all.'

There were a number of possibilities when it came to choosing a title for this book. Glorious! sums up perfectly what we have when we take the finest ingredients, grown and chosen with care, prepared with skill, cooked with dedication and served with pride.



The common denominator in all of those attributes is – Passion. This book could equally have been called Passion! Such a title would recognise and acknowledge the passion of the farmer to grow the finest foodstuffs and rear the healthiest livestock; the passion of our featured chefs to produce a dish of outstanding refinement; and the passion of all of those throughout the supply chain whose individual contributions make the total possible. It could be argued there is yet another word that applies – Dedication. The dedication of all those in the food chain to pursue excellence as a way of life and to refuse to compromise on quality. At EBLEX we are acutely aware of the glorious heritage of England's food and farming. We certainly share the passion of all those





in the foodservice sector who seek to produce outstanding cuisine. We dedicate this book to them and to their unswerving commitment to quality. We hope you derive enormous pleasure from reading it – and cooking the recipes for

yourself! – as much as we did collaborating with the chefs and their suppliers featured in the following pages. Enjoy!



*John Cross, Chairman, EBLEX*



## Our standards are your business

Consumer reassurance and more consistent eating quality for beef and lamb are the key objectives that lie at the heart of the EBLEX Quality Standard scheme. In addressing eating quality factors such as tenderness, flavour and succulence, the scheme sets new requirements above current commercial and legal standards applicable to beef and lamb.

The scheme has also been designed to be as inclusive as possible, ensuring that all those in the supply chain committed to quality have the prospect of becoming part of the Quality Standard scheme.

Further details are available from the EBLEX Quality Standard scheme hotline on 0800 781 4221.



# LIGHTLY SMOKED FILLET OF BEEF WITH OXTAIL HASH, STEWED PRUNES AND ALE GRAVY

## LIGHTLY SMOKED FILLET OF BEEF

600g beef fillet  
in the piece  
2 large cups wood chips  
Seasoning

## OXTAIL HASH CROQUETTES

1kg oxtail, on the bone  
25g flour  
50g lard  
2 large onions, chopped  
1 clove garlic  
250ml Bramley  
apple juice  
250ml beef stock  
50g pitted prunes  
Seasoning  
300g cooked mashed  
potatoes, seasoned  
100g shredded Savoy  
cabbage, cooked  
Flour for dusting

## STEWED PRUNES AND ALE GRAVY

12 pitted prunes  
500ml strong ale  
Arrowroot, if required

## TO SERVE

Sprouting broccoli  
or shredded kale  
Clarified butter

## Method for the oxtail hash croquettes

1. For the oxtail hash croquettes, trim the oxtail and flour all over. In a large flameproof casserole, seal in hot fat.
2. Add the onion and garlic and cook until soft in the same pan.
3. Add the remaining flour and cook for approximately 4 minutes, stirring constantly.
4. Slowly add the apple juice and the stock. Add the prunes. Season well.
5. Cook in a moderate oven for 2 hours at 180°C.
6. Allow to cool slightly, remove the meat from the oxtail and roughly chop with the prunes.
7. Mix with the cooked mashed potatoes and cooked shredded Savoy cabbage. Shape into 4 croquettes, approx 10cm by 3cm, using floured hands.

## Method for the stewed prunes and ale gravy

1. Put the cooking liquor from the oxtail through a sieve, add the strong ale and pitted prunes per portion. Boil, remove the prunes and reduce by half.
2. Season. Thicken with a little arrowroot, if required, and set aside until ready to serve.

## Method for lightly smoked fillet of beef

1. To smoke the fillet of beef, place the wood chips in a deep tray. Place a wire cooling rack over the wood chips. Season the fillet with salt and pepper.
2. Heat the tray until the wood begins to smoke, turn down the heat and place the fillet onto the rack.
3. Cover tightly with foil and place into the oven for 3 minutes. Remove from the oven and allow to cool, leaving the fillet covered.
4. In very hot oil, cook the whole fillet for 3 minutes, turning frequently. Transfer to a high oven for 8 minutes for rare, or 10 minutes for well done.
5. Allow to rest for 10 minutes before carving.

## To serve

1. Panfry the oxtail hash croquettes in clarified butter.
2. Place a little sprouting broccoli or kale and the carved fillet in the centre of each warmed plate. Garnish with the prunes and the oxtail croquettes and spoon over the ale gravy.

**Serves 4**

**Richard Hughes**  
Norfolk



### SOURCING MEAT

*Richard likes to think he's doing his bit by cooking up some of the most creative meat dishes known to man, with total confidence in the product he is buying and an enthusiastic audience willing to taste it!*

*He works hard at sourcing his suppliers, and since opening the doors of his restaurant, he has purchased ninety per cent of his meat from a single farmer.*

*Richard believes that one of the advantages of having close links with a small supplier is their ability to offer an almost bespoke butchery service, providing the guarantee that both the supply and quality is ensured for his customers.*





# PAN-FRIED LOIN OF LAMB

## WITH MINI SHEPHERD'S PIE, ROSEMARY AND GARLIC ROASTED ROOT VEGETABLES, REDCURRANT JUS

### PAN-FRIED LOIN OF LAMB

2 x 300g lamb loins  
Olive oil for sealing  
4 redcurrant sprigs  
200ml lamb jus

### MINI SHEPHERD'S PIE

1 medium onion, finely diced  
1 carrot, finely diced  
Olive oil  
200g minced lamb  
100ml lamb stock  
50g peas  
4 medium baked jacket potatoes  
25g butter  
4 thyme sprigs

### ROSEMARY AND GARLIC ROASTED ROOT VEGETABLES

1 medium sized turnip  
1 small swede  
1 large carrot  
2 sticks celery  
1 small celeriac  
1 parsnip  
8 cherry tomatoes  
8 cloves garlic, unpeeled  
4 rosemary sprigs  
Olive oil  
Butter

### Method

1. For the pan-fried loin, season the lamb and seal in a hot pan with a little olive oil. Place in a hot (180°C) oven for approximately 5 minutes or until the lamb is cooked to your required taste.
2. For the shepherd's pie, sweat the onion and carrot in a little olive oil, add the minced lamb and season well. Add the lamb stock and peas and simmer for 5 minutes.
3. Spoon the potato out of the jackets and mash with the butter.
4. Grease a small tian ring, half fill each ring with the lamb mixture.
5. Pipe the mashed potato on top.
6. Place in a medium hot oven for 10 minutes until the mashed potato is a golden brown.
7. For the roasted root vegetables cut all of the vegetables into approx 2cm cubes.
8. Blanch separately in boiling water.
9. Toss in a little olive oil and butter with the cherry tomatoes, garlic cloves and sprigs of rosemary, remembering to season well, then roast in a hot oven at 180°C for 15 minutes or until tender.

### To serve

1. Place the shepherd's pie at the top of the plate, carefully removing the tian ring. Garnish with a sprig of thyme. Place a selection of the roasted vegetables at the bottom of the plate.
2. Slice each lamb loin into 12 pieces. Place 6 pieces of lamb loin on top of the root vegetables.
3. Warm the redcurrants up in the lamb sauce and once warm place on top of the lamb loin. Pour a little sauce around the lamb and shepherd's pie and serve.

### Serves 4



**Chris Wheeler**  
Buckinghamshire

### SOURCING MEAT

Chris knows that he can always rely on his butcher to supply him with fresh, top quality meat, delivered on time, every time. Chris's butcher has been buying lamb from a farm in Oxfordshire for over 18 years now, and he swears by the quality, tenderness and flavour of the meat.





## Michael Caines Devon

### SOURCING MEAT

Michael cares about where his supplies come from and likes to demonstrate that the restaurant is part of the community by using regional breeds. As part of his underlying philosophy of championing regional foods, he has developed strong ties with producers and farmers. Michael regularly visits his suppliers to see at first hand the quality, literally at grass roots, and he believes it is nothing short of outstanding. Here he uses South Devon cattle which have been reared in south-west England for about 400 years.



# SOUTH DEVON BEEF FILLET TOPPED WITH HORSERADISH AND SHALLOT CREAM, WITH CELERIAC PURÉE, ROASTED SHALLOTS AND A RED WINE SAUCE

4 x 180g beef fillet steaks  
Red wine sauce

### HORSERADISH AND SHALLOT CREAM

150g shallots, chopped  
50g butter  
Sprig thyme  
100ml double cream  
10g fresh horseradish,  
grated  
25g garlic purée  
25ml double cream,  
reduced  
25g wholegrain mustard  
3g tarragon, chopped

### ROASTED SHALLOTS

250g shallots, peeled  
to the same size  
25g butter  
½ tsp Xeres vinegar  
Salt and pepper

### CELERIAC PURÉE

25g onions, chopped  
25g celery, chopped  
25g unsalted butter  
250ml milk  
3g chicken bouillon  
powder  
300g celeriac, chopped  
Seasoning

### Method for the horseradish and shallot cream

1. Cook the shallots over a low heat in the butter with the thyme for 30 minutes. Season. Add water if needed. Set aside.
2. Bring the cream and horseradish to the boil. Add garlic purée and season. Pass through a fine sieve. Set aside.
3. Heat the shallot confit, and stir in the horseradish cream, reduced cream, mustard and garlic purée. Season and set aside.

### Method for the roasted shallots

1. Roast the shallots in the butter and seasoning for 30 minutes at 160°C, until golden brown. Add the Xeres vinegar into the pan. Drain off excess, and set on kitchen paper until required.

### Method for the celeriac purée

1. In a saucepan, sweat the onion, celery and salt with the butter. Add the milk, chicken bouillon and water, then the celeriac and pepper. Bring to the boil and reduce to a simmer. Cook for 30 minutes and then allow to cool.
2. Drain and process to a very fine purée.

### To serve

1. Season the beef. Sear in butter until browned on each side. Place into a pre-heated oven and cook as required. Remove from the oven and rest for 10 minutes.
2. Stir the chopped tarragon into the horseradish cream.
3. Reheat the celeriac purée and place a spoonful on to the plate, then place the fillet steak on top, and carefully drizzle the sauce around the beef. Neatly place about 5 roasted shallots on the plate, around the fillet. Spoon the cream on top of the fillet, and carefully add the sauce.

Serves 4





**Robert Quehan**  
Hampshire

# SADDLE OF SPRING LAMB

SERVED WITH ITS OWN SWEETBREADS,  
WILD GARLIC POMMES PURÉE AND NEW  
FOREST WILD MUSHROOMS

## LAMB

Saddle of spring lamb  
Oil for searing

## SWEETBREADS

6 sweetbreads  
500ml chicken stock  
Flour for dusting  
Butter

## WILD GARLIC POMMES PURÉE

750g potatoes, e.g. Maris  
Piper, peeled and diced  
150g butter  
One handful wild garlic  
leaves, finely chopped

## WILD MUSHROOMS

100ml port  
200ml red wine  
250ml demi-glace  
2 tbsp chopped tarragon  
250g wild mushrooms  
e.g. morels, trompettes  
(morels have a short  
season but run perfectly  
with spring lamb)

## TO SERVE

Chervil

## Method for the lamb

1. First prepare the saddle of lamb. The desired result here is 2 long succulent pieces of lamb. This can be ordered as the cannon, or you can follow my directions to butcher it yourself.
2. Remove the kidneys and their suet (kidney fat) from the saddle, set aside for other use. Lay the saddle on a board in front of you, rounded side up. Starting at the end of one flap, or apron, pull the fat away from the meat, loosening with a sharp knife, where it resists. Repeat on the other side, cutting the fat away from the backbone.
3. Now turn the saddle over on the board and use a boning knife to cut away the fillets – the narrow pieces on top of the bones. The fillets can be set aside for other use. The loin is under the bones – carefully cut away the bones from the loin, cutting as close as possible. The bones can be used for stock. When you get near to the backbone, flip the saddle back over to cut along the backbone. Cut each loin into 3 pieces.
4. Toss each loin piece in seasoning, and sear in hot oil, until browned all over. Place in the oven at 200°C for 8 minutes, depending on desired cooking requirement – 4 minutes will be medium, 8 minutes will be well done. Leave to rest. Reserve the cooking juices.

## Method for the sweetbreads

1. Prepare the sweetbreads by soaking in iced water for at least 3 hours. Remove any sinew and fat, and rinse.
2. Place sweetbreads in a pan with the chicken stock and bring to the boil. Simmer for 10 minutes, skimming often. Set aside to cool. Dust the sweetbreads in flour and sauté in butter until golden.

## Method for the wild garlic pommes purée

1. Peel the potatoes and cook in boiling salted water, until tender. Remove and drain.
2. Purée the potatoes with 150g butter and the wild garlic. Season to taste.

## Method for the wild mushrooms

1. Add the port and red wine to the lamb roasting juices, and reduce to half.
2. Add demi-glace and reduce to sauce consistency. Add tarragon and wild mushrooms. Season to taste.

## To serve

1. On a warmed plate, spoon the pommes purée, sliced lamb and sweetbreads, spoon the sauce and mushrooms over the lamb and the plate.
2. Garnish with chervil.

**Serves 6**



## SOURCING MEAT

*Rob sources his meat from a butcher in Southampton. He feels it is essential to establish a relationship of trust with any supplier, so that he can rely on him to ensure that he always receives meat to the exact specification that he requires for his dishes.*





# NAVARIN OF LAMB

## WITH PRINTEMPS VEGETABLES

### NAVARIN OF LAMB

1 x 500g top rump muscle, from leg of lamb  
 Juice of 1 orange  
 Juice of 1 lemon  
 8-10 basil stalks  
 1 tbsp coriander seeds, crushed  
 75ml olive oil  
 Oil for frying  
 30ml extra virgin olive oil

### BRAISING STOCK

1 litre lamb stock  
 1 litre chicken stock  
 1 carrot, diced  
 1 leek, diced  
 1 celery stick, diced  
 1 garlic clove  
 2 lemon thyme sprigs  
 1 stalk lemon grass

### PRINTEMPS VEGETABLES

Seasonal English spring vegetables, i.e. leek, courgette, carrot, trompette mushrooms, baby onions, garlic  
 ½ raw beetroot  
 1 head fennel  
 Juice of 1 lemon  
 Sea salt  
 100ml olive oil + 2 tbsp for fennel and beetroot  
 1 tbsp balsamic vinegar  
 200ml stock  
 1 globe artichoke heart, prepared and left raw  
 50g pea-shoots  
 Black pepper

### Method

1. For the navarin of lamb, mix orange and lemon juice with basil stalks, crushed coriander seeds and olive oil to create the marinade.
2. Rub into the lamb and marinate for 24 hours.
3. Seal the marinated lamb in hot oil until well browned all over. Combine all ingredients for the braising stock, and braise for 7 hours, at 180°C.
4. Once cooked, take the lamb out of the pot and seal in a plastic vacuum pack. Take 100ml of the braising jus, adding the extra virgin olive oil to make the lamb dressing. Leave for 24 hours in the fridge.
5. Take the lamb and slice paper-thin. Lay it out very flat on a plate.
6. Using a vegetable peeler, peel and shave the beetroot and fennel into fine slices.
7. Toss the fennel with lemon juice, sea salt and olive oil. Toss the beetroot with olive oil, balsamic vinegar and sea salt. Set aside.

### To serve

1. For the vegetables, mix together the olive oil and stock into an emulsion, and use to gently cook the prepared leeks, courgette, carrot, mushrooms, baby onions and garlic.
2. At the last minute, shave the raw artichoke into the pea-shoots.
3. Flash the plate of lamb in the oven for 1 minute so it starts to melt. It should be served warm enough to be aromatic, but not hot. Dress with the warm lamb vinaigrette and scatter the vegetables over the plate.
4. Finish with the shaved fennel and beetroot.

### Serves 4



## Sat Bains

### Nottinghamshire

#### SOURCING MEAT

*In Sat's opinion, if there is a missing link in the supply chain then it is the customer who is ultimately let down. He has sourced his meat from a national catering butcher for the past six years now. He likes the fact that his supplier uses seam butchery and can offer single meat muscles and he regularly meets with them to discuss developments and innovations within the industry. Ultimately, he keeps going back to them because they supply consistently good quality produce which allows him to provide his customers with the gastronomic experience they are looking for.*





## Nigel Haworth Lancashire

### SOURCING MEAT

Being based in the heart of Lancashire, the origin of this dish, Nigel always uses heather-fed lamb from the region. Nigel says that hot pot can be made anywhere but he would always use the local lamb of the region.



# LANCASHIRE HOT POT

### HOT POT

1kg under shoulder, neck and shin of lamb (cut into 3-4cm thick pieces)  
Seasoning  
25g plain flour  
40g salted butter, melted  
700g onions, thinly sliced  
1kg King Edward potatoes, peeled and cut to 2mm slices  
150ml chicken stock

### PICKLED RED CABBAGE

1 head of red cabbage, quartered, and central stem removed  
275ml malt vinegar  
140ml white wine vinegar  
140ml balsamic vinegar  
400ml red wine  
340g caster sugar  
2 star anise  
5 bay leaves  
10 whole cloves  
1 tsp whole black peppercorns  
1 tsp whole pink peppercorns  
1 stick cinnamon snapped in half  
5 whole dried red chillies  
Coarse sea salt for salting the cabbage

### Method for the hot pot

1. For the hot pot, season the lamb well and dust with the flour. Put the lamb into the base of a hot pot dish – an earthenware dish – approx 20cm wide and 8cm deep.
2. Sweat off the onions in 15g of the butter for 4-5 minutes, without colour. Season. Spread the onions evenly on top of the lamb.
3. Toss the potatoes with the remaining 25g melted butter and seasoning.
4. Put the sliced potatoes evenly on top of the onions, reserving the best-shaped rounds for the final layer.
5. Cover the hot pot and place in a pre-heated oven for 30 minutes at 180-200°C, then for approximately 2½ hours at 130°C.
6. Take off the cover, return to the oven at 180-200°C for 30-40 minutes or until the potatoes on top are golden brown.

### Method for the pickled red cabbage

1. Salt the red cabbage well in a colander for 2-3 hours until a deep rich colour is achieved. Rinse and pat dry.
2. Place all the vinegars, wine and sugar in a suitable pan and reduce by half.
3. Place all the dry ingredients in a pestle and mortar and coarsely pound.
4. When the reduction is near completion throw in all the dry spices and allow to infuse for 5 minutes. Pass through a fine sieve and while still warm pour onto the red cabbage.
5. Place the cabbage in a suitable jar. When cooled, seal. The liquor should just cover the cabbage.

### To serve

Spoon the hot pot onto warmed plates, with the golden brown potatoes on top. Serve with the pickled red cabbage.

**Serves 4**



**Daniel Clifford**  
Cambridgeshire



#### SOURCING MEAT

*Daniel has worked with his meat supplier for the past two years. Not only does the company provide him with fully traceable, top quality meat, but with a full-time butcher and a number of ex-chefs on the team, they are able to deliver to his exact specification every time.*

# SLOW ROAST FILLET OF BEEF, SHALLOT MARMALADE, ROASTED SHALLOTS, CELERIAC PURÉE, BON-BON OF FOIE GRAS, ESSENCE OF PORT

## SLOW ROAST FILLET OF BEEF

4 x 250g centre  
cut fillet of beef  
Seasoning

## BON-BON FOIE GRAS

4 Maris Piper  
potatoes, peeled  
4 x 40g ball foie gras

## CELERIAC PURÉE

300g celeriac, chopped  
300ml milk  
300ml water  
150ml double cream,  
boiled  
Seasoning

## SHALLOT MARMALADE

50g caster sugar  
4 banana shallots, sliced  
25ml red wine vinegar  
250ml red wine

## ROASTED SHALLOTS

16 round shallots,  
topped and tailed  
2 thyme sprigs  
4 cloves garlic  
1 bay leaf  
75ml olive oil  
Seasoning  
4 cloves garlic, unpeeled  
200ml duck or goose fat

## TO SERVE

Port sauce  
300g baby spinach,  
picked and washed

## Method

1. For the celeriac purée, boil the celeriac in the milk and water until soft. Drain and blend with the boiled double cream. Season.
2. For the shallot marmalade, caramelize the 50g of sugar and add the sliced banana shallots until coated in the sugar. Deglaze with the red wine vinegar and the red wine, and reduce until sticky.
3. For the roasted shallots, wrap the round shallots, thyme, garlic, bay leaf and olive oil in a tin foil parcel and roast in the oven at 180°C for 30 minutes. When cooked, leave to cool and peel the shallots. Set aside the shallots until ready to serve, and discard the rest of the ingredients.
4. Cook the 4 cloves of unpeeled garlic in the duck fat until tender. Drain and leave to cool, then peel. Set aside until ready to serve.
5. To slow roast the beef fillet, season with salt and pepper, and vacuum pack. Poach at 57°C for 26 minutes and leave to rest for 10 minutes. Take out of the bag.
6. To make the bon-bon of foie gras, put the potatoes through a Japanese spaghetti mandolin. Alternatively finely shred it by hand into long string-like pieces. Wrap each foie gras with some potato until totally covered and deep fry at 180°C.

## To serve

1. Slowly colour the round shallots and garlic in hot oil. Heat the celeriac purée, wilt the spinach in melted butter and heat the port sauce. Sear the beef in hot oil until well coloured on all sides.
2. Spoon the shallot marmalade into a wide ring in the centre of a warmed plate and the spinach into a tall ring. The celeriac purée is spooned onto the plate.
3. Slice the beef and set on the shallot marmalade. Place the bon-bon foie gras on top of the spinach. Garnish the plates with the roasted shallots and garlic, and drizzle the port sauce around.

## Serves 4





# BRISKET OF BEEF BRAISED IN RED WINE

## WITH HORSERADISH MASHED POTATOES

### BRISKET OF BEEF IN RED WINE

500g beef brisket, tied and rolled to roughly size of pint pot  
Oil for sealing  
3 carrots, roughly chopped  
2 onions, roughly chopped  
4 celery sticks, roughly chopped  
1 leek, roughly chopped  
6 cloves garlic, roughly chopped  
50ml red wine vinegar  
750ml red wine  
300ml red port  
4 litres beef stock  
3 bay leaves  
1 thyme sprig  
Seasoning

### HORSERADISH MASHED POTATOES

3 large red potatoes  
150ml milk  
50ml double cream  
2 tbsp creamed horseradish  
Seasoning  
Cayenne pepper

### TO SERVE

4 parsnips, peeled and quartered

### Method for the brisket of beef

1. In a large pan over high heat, sear the brisket until dark brown on all sides. Remove and leave on one side.
2. Roughly chop the carrots, onions, celery, leek and garlic to 3cm. Add to the pan and keep stirring until they are golden brown, then add the vinegar.
3. When the vinegar has reduced to almost nothing add the wine and port and reduce by half.
4. Put the meat back in the pan, cover with the beef stock. Add bay leaf and thyme.
5. Cover the pan with a tight fitting lid and simmer for approximately 3 hours.
6. To test if the brisket is cooked, use the handle of a table knife to insert into it. If there is little resistance, it is ready.
7. Carefully remove the meat – it will fall apart easily – and keep warm.
8. Pass the stock through muslin cloth to remove the vegetables and other bits. Reduce until you have a nice sauce consistency.

### Method for the horseradish mashed potatoes

1. Peel the potatoes, dice and boil in salted water until just cooked.
2. Boil the milk, cream and horseradish together.
3. Drain and mash the potatoes. Stir in the milk and cream.
4. Season with salt and cayenne pepper. Set aside, until ready to serve.

### To serve

1. For the parsnips, toss in oil and seasoning and roast at 175°C for 30 minutes, until golden.
2. Slice the meat into thick slices and serve on top of the horseradish mashed potatoes and roast parsnips.
3. Glaze the beef with the sauce and serve immediately.

**Serves 4**



**Rupert Rowley**  
Derbyshire

#### SOURCING MEAT

Rupert uses beef from black and white cross-bred Hereford cattle reared solely in the 'White Peak' region of Derbyshire. Although Hereford cattle are less economical in terms of fat to lean meat ratio, Rupert selects this breed because he finds it provides a superior taste.





## Robert Thompson Lincolnshire

### SOURCING MEAT

Robert sources his meat from a national catering butcher, and though it is a large company, it always supplies consistently good quality meat which has been well butchered using seam butchery. Robert's suppliers are able to offer him full traceability on the meat he buys from them so he knows exactly which farm it has come from.



# ROASTED RUMP OF LAMB WITH BRAISED SHOULDER, RAGOUT OF MORELS AND LAMB SWEETBREADS

### ROASTED RUMP

4 x 250g rumps of lamb

### BRAISED SHOULDER

1 x 1.2 kg shoulder of lamb, boned  
50g garlic purée  
50g Dijon mustard  
100g thyme, chopped  
100g rosemary, chopped  
400ml good red wine  
3 litres good lamb stock  
200g lamb dripping  
Seasoning

### RAGOUT OF MORELS

250g shallots, finely chopped  
1 tbsp oil  
200g morels, cleaned  
100ml Madeira  
300ml double cream  
Seasoning

### LAMB SWEETBREADS

300g prepared lamb sweetbreads

### TO SERVE

Savoy cabbage, shredded and steamed  
Baby navets, steamed  
Pommes Parisienne

### Method for braised shoulder

1. Brush with the garlic purée, half the mustard, half of the chopped rosemary and thyme. Season well.
2. Heat a medium sized roasting tray, seal the shoulder on all sides, colouring well, deglaze with the red wine and reduce to nothing. Add the lamb stock.
3. Bring the stock to a simmer, cover lightly with foil and braise in the oven at 150°C for 2½ hours or until the meat is falling off the bone.
4. Remove the shoulder from the stock and allow to cool slightly. Reserve half of the cooking liquor, and reduce the rest until a good lamb flavour develops, reserve for the sauce.
5. Once cool, pick the shoulder into thick strips. To this, add the rest of the mustard, lamb dripping and remaining chopped rosemary and thyme. Season well. Press the mix into a deep tray and then chill.

### Method for ragout of morels and lamb sweetbreads

1. Sauté the shallots in a little oil, add the morels and then the Madeira. Add half the shoulder, cooking liquor and cream. Bring to a gentle simmer and reduce until the sauce coats the morels. Season.
2. Peel the lamb sweetbreads and slice into large chunks. Sauté the sweetbreads in a hot pan, colour well. Add the morel sauce just before serving.

### Method for roasted rump of lamb

1. Trim the rumps of lamb, lightly score the fat. Season. Seal with plenty of colour in a heavy iron pan, roast for 7-10 minutes depending on requirements. Rest for 5 minutes.
2. Cut the lamb shoulder into 4 equal long rectangles, lightly flour and then pan fry on each side. Glaze with a little of the lamb sauce.

### To serve

1. Slice each of the rumps of lamb and place on top of the Savoy cabbage, arrange some baby navets and crispy pommes Parisienne around the lamb.
2. Spoon the morel sauce as well as a little of the lamb sauce over the lamb.

Serves 4





**Gary Jones**  
Oxfordshire



#### SOURCING MEAT

*Gary and his predecessors have used the same Oxfordshire supplier since the restaurant opened 21 years ago! A traditional butcher and a small family business, the company offers a very personal service. Not only do they supply a consistent quality of meat, but they are always willing to help out in whatever way they can – including the loan of a refrigerated van when bad weather caused power cuts at the restaurant! The lamb used in this dish comes from Devon where the lambs are raised on their mothers' milk and salt marsh grasses.*

# ASSIETTE D'AGNEAU DE LAIT PRINTANIERE, JUS DE ROTI

## BRAISED LAMB SHANKS

4 lamb shanks  
50g butter to caramelise shanks  
500g lamb bones  
15g olive oil (for caramelising)  
25g diced butter  
100g white wine (boiled for 1 minute)  
200g brown chicken stock  
1 tbsp chopped rosemary  
100g fresh tomatoes, chopped  
4 cloves garlic  
Salt and pepper to taste

## LAMB CUTLETS

4 x 70g lamb cutlets, seasoned  
4 x 45g lamb hearts  
4 x 35g lamb sweetbreads, prepared and all sinew removed  
100g lamb jus  
2 x 80g kidneys  
4 wilted bok choy leaves

## BRAISED WHITE ONION

125g white onion, sliced 12mm thick  
50ml white chicken stock  
1 tsp chopped thyme  
1 clove garlic  
1 bay leaf  
Salt and pepper to taste

## PEA AND MINT PURÉE

100g fresh peas  
30g olive oil  
5g mint, finely chopped  
5g lemon juice  
Salt and pepper to taste

## GARLIC AND SHALLOT PURÉE

50g butter  
200g peeled and sliced shallots  
200g peeled new season garlic  
200g double cream  
Salt and pepper to taste

## BLANCHED SPRING VEGETABLES

8 baby turnips  
40g turnip greens  
4 baby leeks  
40g purple sprouting broccoli  
20g baby garlic  
35g peas  
35g fèves  
8g golden pea shoots  
20g sauteed trompettes

## Method

1. Caramelise the lamb shanks in foaming butter, season well.
2. Caramelise the bones in olive oil and butter.
3. Add the wine, stock, rosemary, tomato and garlic. Season. Bring to the boil and simmer. Add the shanks. Braise slowly at 90°C for 3 hours.
4. Slice the white onions horizontally 12mm thick (ensure it is perfectly flat).
5. Bring the ingredients for the white onion braise to the boil.
6. Place the sliced onions in a poaching bag. Pour the liquid into the bag, and remove all air.
7. Place the bag into a pan of water and cook for 40 minutes at 80°C until tender. Drain and remove the outer onion rings.
8. For the pea and mint purée, cook the peas, then drain off all water.
9. Process with the olive oil, salt and pepper. Taste and correct seasoning. Set aside.
10. For garlic and shallot purée, sweat the shallots and garlic without colour in melted butter until very soft. Add the cream and bring to boil.
11. Liquidise thoroughly, then pass through a fine chinoise sieve until smooth.
12. For the lamb, seal the cutlet in butter, season and roast at 160°C to achieve 55°C core temperature.

### To serve

1. Roast the cutlets gently, reserving the roasting jus.
2. Pan fry the lamb sweetbreads in butter, browning well, adding a slice of garlic, a rosemary sprig, a spoonful of braising stock and a dash of lemon juice to the pan.
3. Gently cook the spring vegetables, except the pea shoots and trompettes.
4. Reheat the lamb shank, the white onions, the garlic and shallot purée and the spring vegetables.
5. Reheat the pea and mint purée, add the mint and lemon juice at the last minute.
6. Sear the kidneys in very hot butter, season and roast until pink. Cut in half.
7. Carve the lamb cutlets and place on the pea purée, the lamb shank on the braised onion, and the sweetbreads on the garlic and shallot purée.
8. Serve the kidney half wrapped in a bok choy leaf.
9. Scatter the vegetables and pour a little roasting jus around.
10. Roll the pea shoots in the carving juices from the plate and serve.

Serves 4





# RACK OF LAMB ON PURÉED LENTILS

## WITH BRAISED LAMB SHANK, GARLIC CREAM AND ROSEMARY JUS

4 racks of lamb,  
with all fat removed

### BRAISED LAMB SHANK

2 medium lamb shanks  
100ml red wine  
Bay leaf  
1 carrot, diced  
1 onion, diced  
1 celery stick, diced  
1 leek, diced  
1.2 litres chicken stock  
Caul fat to wrap  
the meatballs

### PURÉED LENTILS

1 carrot, finely diced  
1 onion, finely diced  
450g puy lentils  
900ml chicken stock

### GARLIC CREAM

4 cloves garlic  
300ml double cream

### TO SERVE

100ml rosemary jus  
Small bunch rosemary  
to garnish

### Method

1. Seal the lamb shank in hot oil until brown all over. Deglaze with the wine and reduce by half.
2. Add the diced mirepoix of vegetables and chicken stock. Braise in a low oven for approximately 3 hours until the lamb is almost coming off the bone.
3. Remove the shanks and set aside. Discard the vegetables from the pan and reduce the liquid to a quarter. Leave to cool and skim off any fat.
4. Remove the meat from the shanks and shred. Moisten with the reduced stock and season to taste. Portion into 4 balls, wrap in caul, then refrigerate until ready to serve.
5. In butter, fry the diced brunoise of vegetables until soft. Add the lentils, cover with stock and cook until tender. Blitz in the processor until smooth, season with salt and pepper.
6. Poach the garlic in the cream for 15 minutes until soft. Blitz, season and keep warm.
7. Sear the lamb racks in hot oil and roast for approximately 10 minutes at 200°C until the lamb is pink.

### To serve

1. Reheat the lamb shank meatballs, basting with the rosemary jus, for approximately 10 minutes.
2. To assemble, set the lentil purée in the centre of warmed plates, and place the carved racks of lamb on top.
3. Place the lamb shank meatballs to the right and spoon garlic cream over the lamb shank.
4. Spoon rosemary jus around lamb and lentils, garnish with the rosemary and serve.

**Serves 4**

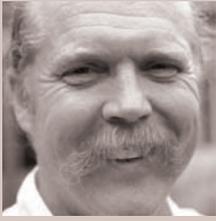


**Steve Reynolds**  
Herefordshire

### SOURCING MEAT

Steve has used a local butcher for the past four years, and reckons his meat is consistently excellent! The butcher provides him with details of the farm where the meat has come from so that he can write it up on the board in the pub. Steve believes that the relationship he has established with his butcher is crucial to the running of his business.





## Martin Blunos Worcestershire

### SOURCING MEAT

*Martin has sourced his meat from a national catering butcher for the past year and a half, but the hotel in which he is based has used them for many years. In Martin's opinion, price is one thing, but quality is vital and his supplier offers exactly that. They know their product through and through and regularly contact him with details of new developments within the industry.*



# BRAISED SHOULDER AND CHATEAUBRIAND OF LAMB WITH A THYME INFUSED SAUCE

## BRAISED SHOULDER

1 shoulder of lamb, boned and trimmed of excess fat  
Ground nut oil  
2 large carrots, peeled and roughly chopped  
1 large onion, peeled and roughly chopped  
2 sticks celery, washed and roughly chopped  
1 leek, split, washed and roughly chopped  
1 bulb garlic, cut in half  
1 thyme sprig  
15 black peppercorns  
750ml dry white wine  
1 litre lamb or chicken stock  
6 beef tomatoes, halved with seeds scooped out  
3 tbs runny honey  
Lemon juice

## CHATEAUBRIAND OF LAMB

4 lamb chateaubriand, trimmed  
1 thyme sprig  
Unsalted butter  
Salt and milled white pepper

## TO SERVE

Mashed potatoes  
Savoy cabbage, shredded  
Baby onions, wild mushrooms and onion marmalade

## Method

1. Season the trimmed lamb shoulder with salt and pepper. Roll into a tight cylinder and tie at 1 inch intervals with string.
2. Sear the lamb on all sides in hot fat until well browned. Set aside. Fry all the vegetables in the same pan until golden.
3. Place the vegetables in a deep casserole and top with the meat adding the thyme and peppercorns.
4. Deglaze the frying pan with the wine. Pour over the lamb in the casserole along with the stock. Scatter in the tomato halves and drizzle with honey. Cover the dish and place in a low oven (140°C) for 1½ hours, until lamb is tender.
5. After that time, remove from the oven, lift out the meat and rest in a warm place.
6. Pass the cooking liquor through a fine sieve. Boil to reduce, skimming often, until you reach a sauce consistency. Adjust the seasoning, adding a little lemon juice to sharpen. Set aside.

## To serve

1. Slice 4, 1 inch discs from the lamb and reheat in a few tablespoons of sauce on top of the stove, spooning over the sauce as it reduces and glazes the meat.
2. Heat a pan on the stove, add a little oil, season the chateaubriand with salt and pepper and sear in the pan to colour well. Add the thyme, cover and allow to rest on the edge of the stove.
3. Finish the sauce by whisking in a teaspoon of unsalted butter.
4. Place the glazed shoulder slice on top of mashed potatoes in the centre of warmed plates. Garnish with the shredded Savoy cabbage, wild mushrooms and baby onions. Top the shoulder slices with a little onion marmalade and lay the roasted chateaubriand on top finishing with the thyme. Spoon sauce around and serve.

**Serves 4**



**Andrew McLeish**  
Kent

# ROASTED FILLET OF SUSSEX BEEF, BRAISED SHIN, TRUFFLE POMMES PURÉE, BRAISING JUS

## ROASTED FILLET

4 x 200g centre-cut fillet Sussex steaks

Seasoning

1 tbsp each chopped rosemary and thyme

1 clove garlic, finely chopped

## BRAISED SHIN

1 x 1.5kg shin of Sussex beef

20ml vegetable oil

200g carrots, onion, garlic, peeled and roughly chopped

1 bouquet garni

5g each dried rosemary and thyme

2 tbsp tomato purée

500ml port

500ml red wine

1 litre chicken stock

1 litre veal jus

Seasoning

250g spinach, picked and washed

## TRUFFLE POMMES PURÉE

600g Maris Piper potatoes

50ml milk

50ml double cream

250g unsalted butter

1 Perigord truffle, cleaned and finely chopped

4ml white truffle oil

Seasoning

## Method for the braised shin

1. Heat up 10ml of the oil in a large saucepan and when it is hot, add the carrots, onion, garlic, bouquet garni, rosemary and thyme and cook for 10 minutes until golden brown.
2. Add the tomato purée and cook out for 3 minutes. Stir in the port and red wine and reduce to a glaze. When reduced, add the chicken stock and veal jus to make the liquor.
3. In a sauté pan, seal the shin of beef in a little oil to a golden colour all over. Add to the braising liquor, cover and slowly cook for 4-5 hours until the meat can be flaked off.
4. When the shin is ready, reserve the liquor and remove the shin. Wearing a pair of latex gloves, flake off the meat and place in a bowl and season.
5. Using cling film, roll the meat into a cylindrical shape and chill.
6. Take out some of the braising liquor for use when reheating. Pass the braising liquor through a fine sieve into another pan. Return to the heat to reduce, but without boiling rapidly as this would result in a cloudy and greasy sauce. Skim constantly. Adjust seasoning.

## Method for the pommes purée

1. To make the pommes purée, bake the potatoes in the oven at 180°C until cooked.
2. Cut the potatoes in half and scoop out the centres. Pass the potatoes until smooth, transfer to a clean pan and add the milk, the cream, half of the butter and beat in vigorously. Season with the chopped truffle, the truffle oil, salt and pepper and set aside.

## To serve

1. Take the steaks, season on both sides with salt and pepper. In a non-stick frying pan heat up a piece of the remaining butter, and when it is foaming cook the steaks until golden on both sides.
2. Repeat this process on the sides of the steaks, using up most of the butter, until golden brown all around. Add the rosemary, thyme and garlic and turn continually.
3. Cut the shins into 2 inch pieces, leaving the cling film on, and place in a small pan with the reserved braising liquor. Baste until warm, remove the cling film, then place in the centre of a warmed plate.
4. Sauté off the spinach in a little butter and put into a ring on the plate. Place the fillet on top. Quenelle the truffle mash, spoon a little sauce over the plate, and serve.

**Serves 4**



## SOURCING MEAT

*Andrew buys Sussex beef from a trusted supplier, who ensures that all Andrew's meat is fully traceable, and none other than top quality.*





# SLOW-COOKED NECK OF LAMB

WITH CANNELLINI BEANS, TOMATOES,  
RED WINE AND SWEET HERBS

## BEANS

400g dried cannellini  
beans

## SLOW-COOKED NECK OF LAMB

8-10 middle neck chops  
about 8-10cm thick

A few sprigs bay,  
rosemary, thyme  
and marjoram –  
the sweet herbs

1 onion, cut into wedges

1 stick celery, chopped

1 carrot, chopped

6 cloves garlic, crushed

1 dried chilli such  
as nora or choricero

1 orange

1.5 litres red wine that  
you would happily drink

Lard or butter

2 tbsp balsamic vinegar

Seasoning

## Method

1. Soak the cannellini beans for at least 8 hours in cold water.
2. Drain the beans. Cover with fresh water and cook on a hard boil for about 15 minutes – this gives them a head start.
3. For the lamb, put the lamb, herbs, onion, celery, carrot, garlic, chilli and a few peppercorns into a tray or dish with the peel from 1 orange and the rest of the orange cut up. Cover with the wine and leave to marinate for 8 hours.
4. Drain the lamb, reserving the marinade. Melt some lard or butter in a deep casserole pot, and seal the lamb on all sides. When nice and brown (like chocolate), remove the lamb and add all the marinade vegetables. Cook down for about 15 minutes until sweet and gooey. This gives the dish its depth of flavour. If they stick a bit, all the better.
5. Pour in the marinade and add the beans. Bring just to the boil and then turn down so it doesn't boil.
6. Add the balsamic vinegar and the lamb, cover and put in a pre-heated oven at 180°C for up to 3 hours. This is where your intuition will have to guide you. It is ready when the meat is falling off the bone. I sometimes put it in overnight at 100-120°C.
7. Leave to cool and skim off any fat. If you do not have a nice thick sauce, spoon out about 2 litres and reduce in a separate pan.

## To serve

1. Serve the lamb in a deep bowl or, even better, a large terracotta plate.
2. Spoon over the sauce and eat with a hunk of rustic style bread and a bottle of big juicy wine.

**Serves 4**



## Piers Baker Essex

### SOURCING MEAT

*Piers sources his meat from a farm that specialises in rare breed animals, such as Salt Marsh Lamb from Romney Marsh in Kent, which he uses in this dish. Since he began including details of the origin of the meat on his menu, Piers has had many more comments from customers about the quality of the meat he serves.*





## Peter Chandler Bedfordshire

### SOURCING MEAT

Peter has bought meat from his local butcher for the past 22 years. The relationship has been so enduring because of the consistent quality of the meat. Not only that, but his butcher makes regular visits to Peter's restaurant to ensure that the quality of the meat is up to standard, as well as to keep him up to speed with any market developments and product innovations.



# LAMB DIJONNAISE WITH CRUSHED HERBY POTATOES

## LAMB DIJONNAISE

4 x 300g racks of lamb  
Oil  
Butter  
4 tbsp Dijon mustard  
Fresh breadcrumbs  
4 tsp fresh mixed herbs,  
including flat chives  
Seasoning  
Olive oil for brushing

## CRUSHED POTATOES

400g new potatoes,  
part-boiled  
4 tbsp olive oil  
2 shallots, finely chopped  
Seasoning  
4 tbsp mixed herbs,  
chopped, e.g. flat leaf  
parsley, mint

## TO SERVE

Seasonal vegetables

## Method

1. In each rack of lamb, make 2 incisions to separate the cutlets.
2. Sear the racks of lamb in hot oil and butter until nicely browned all over.
3. Cook in the oven for 12 minutes until pink.
4. Smear with Dijon mustard, coat with breadcrumbs and mixed herbs, season and glaze with a touch of olive oil. Roast in the oven to give the breadcrumbs a crust.
5. For the potatoes, heat the oil in a shallow pan and add the potatoes, shallots and seasoning. Cook over a medium heat for 10 minutes, crushing the potatoes every now and again. When cooked stir in the herbs. Check seasoning.

## To serve

1. Finish the rack of lamb under the grill until the crust is golden.
2. Slice the rack into cutlets and place in the centre of a warmed plate.
3. Serve with crushed new potatoes, and seasonal vegetables.

**Serves 4**





**Glenn Gatland**  
Cornwall

# TRIO OF LAMB – RACK, SHANK, RUMP WITH SAVOY CABBAGE AND WHITE TRUFFLE MASH

## TRIO OF LAMB

1 x 600g French trimmed rack of lamb  
1 x 500g rump of lamb  
1 large lamb shank  
750ml red wine  
1 large onion, chopped  
1 clove garlic  
125g caul fat, for wrapping  
1 tsp arrowroot  
Flat leaf parsley, chopped  
Thyme, chopped  
Seasoning

## WHITE TRUFFLE MASH

6 large Maris Piper potatoes, peeled and diced  
125g butter  
20ml double cream  
4-5 drops white truffle oil  
Seasoning

## SAVOY CABBAGE

125g butter  
1 medium Savoy cabbage, finely shredded  
2 rashers smoked back bacon, sliced  
125g button mushrooms, sliced  
Seasoning

## Method for the trio of lamb

1. To cook the lamb shank, place in a deep ovenproof dish and add the red wine, onion, garlic and water to cover. Cover with a lid or foil. Place in a low oven, 140°C, for 4 hours or until tender.
2. When the lamb shank is ready, remove from the dish and pull all the meat off the bone. Shred the lamb and roll into 2 inch sized balls. You may have to let it cool slightly, then wrap in 1 layer of pigs caul. Place in a pan and half cover with the cooking liquor from the shank, ready to go back into the oven.
3. Reduce the rest of the lamb shank cooking liquor by half, skimming as needed, and thicken slightly using arrowroot. Only use enough arrowroot to gain your preferred consistency. Chop and add some fresh herbs to taste. Set aside until ready to serve.
4. For the rack and rump of lamb, sear the rack in hot oil until browned all over. Add the rump to the same pan and sear.
5. Season both the rack and rump well and cook in the oven for 15-20 minutes at 250°C.
6. Half way through the cooking time, place the shank balls in the oven. Remove all the lamb from the oven and place on a rack for 10 minutes in a warm place to allow the meat to relax.

## Method for the white truffle mash and Savoy cabbage

1. For the white truffle mash, simmer the potatoes until cooked all the way through, then mash with the butter. Add the cream until you have a smooth consistency. Add white truffle oil to taste. Season and set aside until ready to serve.
2. For the Savoy cabbage, place a thick-bottomed pan onto a high heat, add 125g of butter and when it is foaming add the Savoy cabbage, bacon and mushrooms.
3. Sauté for 3-4 minutes until the cabbage is still slightly crisp to the bite. Remove from the heat until you are ready to serve.

## To serve

1. Reheat the cabbage and put the mash into a piping bag. Spoon the cabbage neatly on to a plate and pipe the mash into a small nest on the plate. Slice the rump, divide into 4 portions and place on the Savoy cabbage.
2. Remove the shank balls from the pan and place on top of the mash nest. Finally, slice the rack into cutlets, place one on top of the other and put on the plate. Spoon some of the reduced lamb stock around the plate.

**Serves 4**



## SOURCING MEAT

*At Glenn's restaurant, quality is at the top of the list when it comes to sourcing produce, and he uses two butchers for his meat. Both are local, with a good knowledge of what his requirements are, and they do their very best to provide Glenn with good quality lamb and beef at reasonable prices. Glenn finds that smaller suppliers tend to provide a more personal service, making his life a little easier.*





# PAN-ROAST TAIL FILLET OF BEEF

## WITH BRAISED SHIN, RISOTTO OF FRESH HORSERADISH, ROOT VEGETABLES AND ALE JUICES

### PAN ROAST TAIL FILLET

4 x 100g tail fillet  
'mignon'  
1 onion, chopped  
Thyme sprigs  
Seasoning  
Butter

### BRAISED SHIN

4 x 100g shin of  
beef off the bone  
100g swede, diced  
100g carrot, diced  
100g celery, diced  
100g onion, diced  
500ml ale  
2 litres beef stock

### RISOTTO OF FRESH HORSERADISH

120g Arborio risotto  
rice – pre-cooked  
50ml chicken stock  
30ml double cream  
40g mature Lancashire  
(or similar) cheese, grated  
1 tsp fresh horseradish,  
grated  
1 tbs parsley, chopped

### Method

1. Marinate the tail fillet overnight with the onion, seasoning and fresh thyme.
2. Sear the shin on all sides in hot fat until well browned and braise with the ale, stock, and diced vegetables in a casserole dish at 150°C, for 2½ hours. When cool, flake the meat off and set aside until ready to serve. Hollow out the shin bone.
3. Push the braising stock through a sieve, and reduce to half.
4. Combine the risotto ingredients together over heat, stirring until well combined and the cheese is melted. Add the parsley at the last moment. Check the seasoning.
5. Pan-fry the tail fillet in very hot clarified butter, until lightly coloured all over. Roast in a hot oven for 3 minutes. Take out and rest.

### To serve

1. On a warm plate, place a piece of hollowed out shin bone at the top of the plate. Place the cooked shin meat next to it.
2. Spoon the warmed risotto into and spilling out of the bone. Place the sliced tail fillet around.
3. Spoon the reduced braising juices around the dish. Garnish with a little deep-fried parsley.

### Serves 4

### TO SERVE

Deep fried parsley  
Shin bone



## Andrew Pern Yorkshire

### SOURCING MEAT

Andrew owns his own butcher's shop and sources his beef from a local farmer based just two miles away. Andrew lives and works in the farming community and all his family comes from a farming background, so for him it makes perfect sense to source his meat locally. Because of the close working relationship with the farmer, and as he owns the butcher's shop, he is able to follow the complete field to fork cycle and offer full traceability of his meat to his customers.





**Mark Raffan**  
Sussex

#### SOURCING MEAT

Mark has used the same village butcher for the past ten years because he is always in close contact to ensure that Mark has exactly the right quantities and cuts. Mark's butcher sources all his lamb personally and Mark knows that he gets the best quality available.



# CANNON OF SPRING LAMB

## WITH GRATIN POTATOES, ASPARAGUS AND MINTED HOLLANDAISE

#### SPRING LAMB

1 loin of spring lamb

#### GRATIN POTATOES

4 Desiree potatoes

250ml cream

2 cloves garlic

#### MINTED HOLLANDAISE

4 portions Hollandaise

2 tbsp fresh mint,  
chopped

#### TO SERVE

12 asparagus tips

4 portions fresh spinach,  
picked and washed

Lamb jus

#### Method

1. Bring the cream and crushed garlic to the boil. Season with salt and pepper.
2. Peel the potatoes and slice each potato into 3 even slices. Cut out with a 1 inch diameter pastry cutter. Place all the potato discs into the cream and gently cook until potatoes are soft.
3. Take out of the cream and place on a baking tray, spoon a little of the sauce over each potato disc. Place to one side ready for finishing.
4. Peel the asparagus and cut off the tips about 3cm long. Slice the rest into rounds on the angle. Blanch the asparagus in boiling water for approximately 3 minutes, drain and keep warm.
5. For the spinach, heat a little olive oil and butter. Add the washed spinach and vigorously stir until totally wilted. Season with salt and pepper and turn into a colander to drain. Set aside until ready to serve.
6. Seal the lamb in a hot pan, season and place in a hot oven, 200°C, for approximately 6 minutes. Take out and leave in a warm place to rest for a further 6 minutes.

#### To serve

1. Place the gratin potatoes into the oven whilst the lamb is resting. Cook for approximately 6 minutes at 170°C until lightly golden.
2. Place 3 piles of the warm spinach onto a warmed plate, and place the gratin potatoes on top.
3. Slice the loin of lamb into 12 even slices. Place the lamb on top of the potatoes, followed by an asparagus tip, and a little Hollandaise. Sprinkle the asparagus rounds over the plate.
4. Pour the lamb sauce around and serve immediately.

**Serves 4**





# LAMB WELLINGTON, HERB STUFFED TOMATOES, GREEN BEAN WRAP

**Philip Hall**  
Northumberland

## LAMB WELLINGTON

1 x 600g cannon of lamb  
200g red onion marmalade  
500g baby spinach, rinsed and drained well  
150g unsalted butter  
Seasoning  
200g oyster mushrooms  
400g puff pastry (Jus-rol is ideal)  
2 eggs, beaten

## DUCK CONFIT PÂTÉ

2 duck legs  
500g duck or goose fat  
Salt and pepper  
2 medium red onions, finely sliced  
1 clove garlic, crushed  
200ml balsamic vinegar  
200ml white wine vinegar  
200g dark brown sugar  
1 bay leaf

## TO SERVE

4 medium tomatoes  
4 rosemary sprigs, leaves stripped off the stalk  
4 cloves garlic  
Basil leaves  
250g green beans, trimmed  
4 rashers pancetta  
Seasoning  
Oil

## Method for the duck confit pâté

1. Place the duck legs in an oven proof dish. Season and cover with the duck fat.
2. Place in a pre-heated oven at 120°C for around 3½ hours. When cooked the meat will fall cleanly from the bone. Alternatively, duck confit can be found in most good delicatessens.
3. For the red onion marmalade, sweat the onion and garlic in oil without colour. Add the vinegars, sugar and bay leaf and simmer until consistency is jam-like. This should take around 15-20 minutes.
4. Remove the duck leg meat from the bone and place it into a blender (this is best done when slightly warm) add half the onion marmalade and give it a blitz. Add the marmalade gradually until a coarse pâté-like consistency is achieved. Season.

## Method for the lamb wellington

1. Trim the lamb cannon, removing all the fat and sinew. Cut into 150g pieces. Set these to one side.
2. Drop the spinach into a very hot, dry pan and stir. Add 50g of the butter and season. Remove from heat. The heat of the pan will wilt the spinach. Drain well and set aside.
3. Prepare the mushrooms (tearing them down the length into strips). Lightly sauté the mushrooms in the remaining butter and season well. Remove from the heat and allow to cool.
4. Cut the puff pastry into 4 equal pieces. Lightly flour the bench and roll out each into a 20cm square of even thickness.

5. Divide the mushrooms between each pastry square, followed by the spinach, and then the duck pâté.
6. Now place one of the lamb portions on top and season.
7. Egg-wash 3 edges of the pastry. Fold the edge without egg-wash over onto the centre of the lamb and gently roll the dish over, giving an almost tubular shape.
8. Using the edges of your hands press down the open ends of the pastry firmly. With a sharp knife, trim the excess pastry leaving a 5cm flap at either end.
9. Roll the parcel onto the palm of the hand and egg wash the base, fold over the flaps and firm them down.
10. Place on a lightly oiled baking sheet, and egg wash the top. Using the back of a knife lightly score the top, and refrigerate until ready to serve.
11. Cook in the centre of a pre-heated oven at 185°C for 15 minutes.

## To serve

1. Prepare the tomatoes and the beans – make a small incision near the top of each tomato, and in the base. Push some rosemary leaves through the top incision. Wrap each garlic clove in basil leaves and push in through the base.
2. Wrap a rasher of pancetta around 8 beans. Season the tomatoes and beans, and drizzle with oil.
3. Roast the tomatoes for 4 minutes and the beans for around 8 minutes, until tender. Serve hot.

**Serves 4**



## SOURCING MEAT

*It seems only natural for Phil to source his meat from the estate which surrounds his hotel, especially as the organically bred lamb, being clover fed, has a unique and distinctive flavour. Phil uses every ounce of meat from the animal – stocks, shanks, stuffed shoulders, casseroles and of course, roast leg with rosemary for Sunday lunch!*





# BRAISED NECK OF LAMB

4 medium necks  
of lamb, on the bone  
Seasoning  
Caul webbing  
Beef or lamb dripping  
1 onion, chopped  
1 small leek, chopped  
1 carrot, chopped  
1 bouquet garni  
500ml lamb stock  
250ml veal jus  
280ml water

## TO SERVE

Trimmed seasonal  
vegetables  
100g butter

## Method

1. Remove the flesh from the bone by following the bone all the way around taking as much meat as possible, and trying to leave it in one piece as much as possible. Trim any excess fat, season and roll. Wrap in caul webbing and tie with butchers' string.
2. Heat the beef dripping in a large pan, and brown the lamb necks all over. Drain excess fat from the pan, and add the vegetables, lightly browning them.
3. Add the stock, jus and water. Bring to a simmer, cover with a cartouche and place in the oven at 175°C for 3 hours. Allow to rest in the stock for 1 hour.
4. Take the lamb from the stock and remove string. Set aside.
5. Strain and reduce the stock until it just coats the back of a spoon.

## To serve

1. Blanch the seasonal vegetables until tender, but with a bite.
2. In individual serving dishes, pour the stock back over the meat, add your seasonal vegetables and 25g unsalted butter to each portion.
3. Bring back to a simmer, cover with a lid and serve at the table to let the scent of the lamb fill the room and to prevent the sauce from skinning over.

**Serves 4**



**Richard Guest**  
Somerset

## SOURCING MEAT

*Richard's local supplier contacts him on a daily basis to discuss his requirements and check that he is happy with the quality of the meat delivered that day. Between them they have set specifications for every aspect of the meat, such as the length of time it is hung and the marbling required. Richard knows too that whatever he needs, he can rely on his butcher to find him the right product.*





## Nick Foster Cumbria

### SOURCING MEAT

Nick always uses Galloway beef raised at a nearby farm. The herd is responsibly reared and slaughtered, then hung for a minimum of four weeks. In Nick's opinion, this along with the quality of the meat makes the product hard to beat. He uses as much of the animal as possible (liver, tongue, shin, tail, cheek) as well as the premium cuts (fillet, rib eye, sirloin), as this helps to make the farm stock more self-sustainable.



# MADEIRA BRAISED SHIN OF GALLOWAY WITH SLOW ROAST TOMATO AND NETTLE MUFFIN AND ROAST ASPARAGUS

### MADEIRA BRAISED SHIN

4 x 200g pieces  
Galloway beef shin,  
trimmed and tied  
Clarified butter  
350ml Madeira  
800ml beef stock  
1 tbsp redcurrant jelly  
2 star anise  
4 cloves garlic  
4 bay leaves  
2 large thyme sprigs  
Seasoning  
16 small spring carrots,  
scraped

### Method for Madeira braised shin

1. Sear the beef in hot butter until well browned all over.
2. Add the rest of the ingredients, except the carrots. Season. Place a lid or cover the pan tightly with tin foil, and oven cook at 200°C for 2½ hours, or until tender.
3. Remove the beef, cut the strings off and strain the liquid.
4. Add the carrots and simmer until tender then remove from the liquid. Reduce the liquid to a thickish glaze. Set aside to keep warm until ready to serve.

### Method for the slow roast tomato and nettle muffins and roast asparagus

1. To make the muffins, sieve the flour, cornmeal, salt, baking powder and nutmeg together in a large bowl. Stir in the egg and milk. Fold in the chopped tomatoes and nettle.
2. Spoon the mixture into 4 greased and lightly floured muffin tins, and bake for 12-15 minutes at 175°C.
3. Cut the asparagus all to the same length of 10cm. Wrap the air-dried ham around the bottom and secure the ham with a cocktail stick through the asparagus. Pour the butter over and season with ground black pepper and a little salt.

### To serve

1. Roast the asparagus in the oven at 200°C for 10 minutes.
2. Slice the beef and stand on warmed plates next to the asparagus, and the muffin. Drizzle the reduced Madeira sauce around the beef and serve.

**Serves 4**

### SLOW ROAST TOMATO AND NETTLE MUFFIN

250g plain flour  
300g fine polenta  
cornmeal  
1 tsp salt  
2 tsp baking powder  
Pinch of nutmeg  
2 eggs  
350ml milk  
100g slow roasted  
tomatoes, chopped  
100g nettle shoots (or  
wild rocket), blanched  
and chopped

### ROAST ASPARAGUS

24 thin asparagus  
4 rashers air-dried ham  
1 tbsp melted butter  
Seasoning





## John Campbell Berkshire



### SOURCING MEAT

For John it is important not only to get the right ingredients, but also to keep close to his suppliers wherever possible. He pays particular attention to the sourcing of the meat used in his restaurant, even down to the choice of specific breeds for certain dishes. For the dish featured here, John has selected fillet of beef from English Shorthorn.

John says of his butcher: "He was born on a butcher's block, holding a boning knife and a roll of string! His passion for pure and true quality meat is peerless. His dedication and tireless quest for consistently top quality meats should be a lesson to us all."

# SLOW COOKED FILLET OF BEEF AND VEAL CHEEKS

## WITH SMOKED POTATO, BUTTERED CABBAGE AND SAUERKRAUT

### BEEF

1 x 750g piece beef fillet, cut from the centre

Oil for searing

100g home-made pickled beetroot, diced

### VEAL CHEEKS

25 trimmed veal cheeks

15 cardamom seeds

3 carrots

2 onions

1 bulb garlic

1 head celery

2 leeks

4 bay leaves

Sprig thyme

4 star anise

20 white peppercorns

1 orange

1 lemon

50:50 chicken stock and water

### ONION SOUBISE

2 onions

1 clove garlic, chopped

1 thyme sprig, picked over

200ml chicken stock

100ml double cream

### SAUERKRAUT

Half a white cabbage  
50g butter

400ml chicken stock, reduced to 150ml

150ml lamb jus

60ml Madeira, reduced to 45ml

20ml sherry vin

### BUTTERED CABBAGE

Half a Savoy cabbage, de-veined and cut into 1cm strips

60g butter

1 onion, diced

50ml chicken stock

### SMOKED MASH

750g peeled Bintje or Maris Piper potatoes, quartered

150ml smoked cream  
50g butter

### TO SERVE

3 shitake mushrooms, sliced

### Method for the smoked cream

1. Cover the bottom of a gastro tray with oak chips. Put a perforated tray on top.
2. Pour 1 litre whipping cream into a container, and put on top of the oak chippings.
3. Place on a medium heat until slightly smoking. Cover with foil and set aside for 1 hour. Repeat. Store refrigerated.

Please note – do not allow the cream to become warm, otherwise it will be unusable.

### Method for the beef

1. Preheat the oven to 57-59°C. Seal the centre-cut fillet in hot oil until browned all over. Allow to cool slightly and wrap in cling film.
2. Cook in the oven for a minimum of 1 hour. To finish the beef, remove from the oven and remove the cling-film. Place in a hot pan or skillet with oil and brown for 1-2 minutes on the outside.
3. For the onion soubise, sweat together the onion, thyme and garlic until golden, then add the stock.
4. Reduce by half, add cream, bring to the boil and liquidise until smooth. Set aside.
5. For the sauerkraut, cook the cabbage on a low heat, with a small amount of butter until soft without colour.
6. Then add to this the reduced chicken stock, lamb jus, Madeira and sherry vin. Season and set side.
7. For the buttered cabbage, scorch the cabbage very briefly (do not burn), then add the butter and the diced onions.
8. When the cabbage is sweated down, add the hot chicken stock and reduce until emulsified, check seasoning. Set aside until ready to use.
9. For the mash, place the potatoes into a pan of unseasoned water and bring up to the boil.

10. Immediately refresh the potatoes for 5 minutes in cold water.
11. Place the potatoes in a pan of cold water and bring to a simmer. Reduce the temperature to approx 80°C for 1 hour and 45 minutes.
12. When cooked, drain and put through a mouli and then a fine sieve. Season and add the smoked cream and butter. Serve immediately.

#### **Method for the veal cheeks**

1. This recipe will cook up to 25-30 veal cheeks depending on the size of pan, which will determine how much water/stock is needed. Please be aware, more dilution will mean less flavour, therefore the ingredients will need to be pretty compact in the pan.
2. Roll and tie the veal cheeks individually.
3. Cut the aromats (vegetables) as for mirepoix. Cut the lemon and orange in half. Combine all the ingredients, bring to the boil, reduce to 75-80°C for 5 hours. Remove carefully and allow to cool. Remove the veal cheeks, trim ends and store.

#### **To serve**

1. Heat the soubise, sauerkraut and cabbage to serve.
2. Take the shitake mushrooms and hard fry in hot oil. Drain well.
3. Warm up 200ml lamb jus. Add the beetroot, a little picked thyme and the fried shitakes to the jus. Place one piece of veal cheek per person in the jus to reheat. Carve the beef.
4. On warmed plates, spoon the cabbage and top with the veal cheeks, place the smoked potatoes in the centre of the plate and the beef on top, garnish the plate with the soubise and sauerkraut as shown in the picture.

**Serves 4**





## FILLET OF BEEF, HORSERADISH ROSTI, BUTTERED SPINACH, FOIE GRAS, GIROLLES AND A HORSERADISH FROTH

4 x 200g fillet steaks  
100g grade A foie gras

### HORSERADISH ROSTI

3 large baking potatoes, peeled  
200g fresh horseradish, coarsely grated  
3 egg yolks

### HORSERADISH FROTH

500ml chicken stock  
500ml double cream  
2 tsp creamed horseradish, or to taste

### TO SERVE

100g girolles  
400g baby spinach, washed and picked  
Chervil sprigs  
White truffle oil

### Method

1. For the beef, season the fillets and seal them on all sides, reduce the heat and cook to the desired finish. Set aside to rest.
2. For the horseradish rosti, grate the potatoes and add the grated horseradish. Bind together with the egg yolks and season. Place in a ring and gently fry in a little olive oil and butter until golden brown on both sides.
3. Make the horseradish froth by reducing the cream and chicken stock by one-third. Add the creamed horseradish, whisking until frothy. Set aside.

### To serve

1. Reheat the rosti in a hot oven. Panfry the girolles with seasoning. Sear the foie gras in a hot pan.
2. Cook the spinach quickly with butter, drain well and pack in a ring the same size as the rosti. Place the rosti on top, then the fillet steak, followed by the seared foie gras. Whisk the horseradish frothing again. Serve with the girolles and spoon around the froth.
3. Garnish with chervil and white truffle oil.

**Serves 4**



**Paul Owens**  
Staffordshire

### SOURCING MEAT

When Paul started in his current role in October 2004, he was tasked with rebuilding the team as well as sourcing new suppliers. He found his current supplier through word of mouth by talking to a retired local farmer who recommended him to Paul. Paul arranged a blind taste test – and the rest, as they say, is history!





## Claude Bosi Shropshire

### SOURCING MEAT

*Claude believes with a passion that for him to create excellent quality dishes, he can only work with the best ingredients. He sources his lamb from a national catering butcher, a family business established over 70 years ago, because they understand his requirements and deliver consistently good quality meat, on time, every time.*



# CHOUX FARCI OF LAMB

## LAMB STUFFING

1kg leg of lamb  
100g foie gras  
60g dried apricots  
100g panned  
(bread soaked in milk  
and excess squeezed out)  
Seasoning  
1 tbsp cumin seed,  
roasted  
600ml lamb stock  
1 Savoy cabbage, broken  
into leaves and rinsed  
Caul fat – for wrapping  
2 salted anchovy fillets,  
finely chopped  
4 tbsp chopped mint  
4 tbsp chopped coriander  
4 dried apricots

## TO SERVE

500g Jerusalem  
artichoke purée

## Method

1. First dice the leg of lamb and the lobe of foie gras into 1cm cubes. Mince any remaining lamb.
2. Roughly chop the dried apricots into 0.5cm cubes.
3. Mix together the diced lamb, foie gras, minced lamb, dried apricots, panned, stirring to combine. Season and add the cumin. Reduce half of the lamb stock to glaze and add to the stuffing ingredients.
4. Blanch the Savoy cabbage leaves (the very bright green ones inside are the best) for 1 minute in boiling water, then place immediately on ice to cool. Pat dry between 2 tea towels to absorb all moisture. Keep the dark green leaves to one side, to use as a garnish.
5. In a semi-circle mould, line first with a thin piece of caul fat, then with 1 or 2 leaves of the Savoy cabbage, fill with the lamb mixture, press firmly and turn out. These can be prepared in advance and then left in the fridge until ready to cook.
6. In a shallow pan, bring the remaining stock to a simmer, and set the choux farci into the stock. Cover and cook in the oven at 180°C for 8-10 minutes. Reduce the jus, and add the chopped anchovy, dried apricot, mint and coriander.

## To serve

1. In a bowl, place a spoon of Jerusalem artichoke purée. Place the choux farci on top.
2. Spoon over the reduced sauce and garnish with the dark green cabbage leaves.

**Serves 4**





## Duncan Ray Surrey

# FILLET OF BEEF, TERRINE OF OXTAIL, CABBAGE AND BACON, BONE MARROW BON-BON

4 x 160g beef fillets

### CABBAGE AND BACON

1 Savoy cabbage  
150g butter  
50g water  
100g Alsace bacon,  
diced to 5mm  
750g bone marrow,  
diced to 5mm

### BONE MARROW BON-BON

½ bunch flat  
parsley, chopped  
750g bone marrow  
Juniper oil  
1 large Maris Piper  
potato

### TERRINE OF OXTAIL

Oil for frying  
500g oxtail  
2 carrots  
125g onions  
1 clove garlic  
1 tbsp thyme  
2 bay leaves  
125ml red wine  
1 litre chicken stock

### GLAZED ONIONS

250g baby onions  
25g butter  
15g honey  
250ml chicken stock

### BEEF SAUCE

1kg veal bones  
Hickory wood chippings  
1 leek, roughly chopped  
1 carrot, roughly chopped  
1 onion, roughly chopped  
1 celery stick, roughly  
chopped  
1 litre chicken stock  
1 litre water  
Thyme and bay leaves

### Method for the bone marrow bon-bon

1. Take one piece of bone marrow, about 3cm in length and marinate in the juniper oil and parsley for 24 hours.
2. Then, using a mandolin, create one length of potato to wrap around the entire piece of marrow so none is showing.

### Method for the terrine of oxtail

1. Take a large heavy-bottomed pan and cover the bottom of the pan in vegetable oil. Fry the oxtail until browned on all sides.
2. Then add the carrots, onion, garlic, thyme and bay leaves and continue to brown. When a good colour has been achieved, deglaze with the red wine and reduce.
3. Cover the oxtail with the chicken stock and cook out for 10 hours or until tender.
4. While the meat is still warm, pick from the bone and season. Press into a terrine and cut 2cm by 2cm.

### Method for the beef sauce

1. Roast the veal bones.
2. After roasting, smoke in the chippings for 5 minutes, then remove.
3. Put the bones into a pan, add the vegetables and cover with the water and stock. Cook out for 4-6 hours. Pass and reduce to desired consistency.

### Method for the glazed onions

1. First place the onions into hot water and peel taking care not to remove the root or top of the onion and therefore retaining all of the natural tastes.
2. Cook in water for 5-7 minutes, cover with a cartouche and set aside until ready to serve.



### SOURCING MEAT

*Duncan's meat comes from a local butcher, who sources from nearby farmers. The personal touch offered by a local supplier is important to Duncan, as he feels it is this that ensures he gets the meat cuts he needs, exactly to his personal specification.*

### Method for the cabbage and bacon

1. Finely shred the cabbage, removing all stalks. Blanch in the cooking butter and water.
2. Dice the bacon into 5mm dice, and brown off. Add the cabbage to the pan and set aside until ready to serve.

### To serve

1. Season the beef fillet and seal in hot oil until browned. This will be cooked to rare. Fry for a further 2 minutes each side for medium.
2. To reheat the onions, heat up the glaze ingredients together and roll the onions through it until they are coated.
3. Reheat the beef sauce, and stir through the bone marrow.
4. Deep fry the bone marrow bon-bon in vegetable oil at 170°C. Drain well. Season.
5. On warmed plates, set some cabbage and bacon in the centre, with the beef fillet on top.
6. Serve the oxtail terrine warm, and spoon the sauce around.
7. Garnish the plate with the bone marrow bon-bon.

**Serves 4**





# STEAMED LOIN OF LAMB AND CUMIN-SCENTED COUSCOUS WITH BASIL-INFUSED JUS

## STEAMED LOIN OF LAMB WITH CUMIN-SCENTED COUSCOUS

4 x 130g pieces of loin of lamb, sinew removed  
100g onion, finely diced  
½ tsp cumin  
200ml chicken stock  
120g couscous  
4 large leaves Swiss chard, blanched and refreshed  
Juice of 1 lemon  
Seasoning

## BASIL INFUSED JUS

100ml lamb jus  
4 basil leaves

## VEGETABLE GARNISH

1 red pepper  
1 courgette  
1 aubergine  
Olive oil  
1 clove garlic  
Seasoning  
Sherry vinegar

## Method for the steamed loin of lamb

1. Seal the lamb in hot oil until browned on all sides. Set aside.
2. Sweat off the finely diced onion, stir in the cumin. Add the chicken stock and bring to the boil. Add the couscous, then remove from the heat and cover the pan. After approximately 10 minutes, season and add the lemon juice.
3. Place the Swiss chard leaves on a large piece of cling film then spoon the couscous into the centre. Place the lamb on top of the couscous and then roll the Swiss chard around the lamb. Wrap in the cling film and allow to set in the fridge.

## Method for the vegetable garnish

1. For the vegetable garnish, peel a 3mm thick skin from the courgette, pepper and aubergine and cut into 1cm dice. Set aside until ready to serve.
2. Dice the pulp from the aubergine and toss in olive oil to make a caviar. Season and roast with the garlic in a slow oven for 20 minutes. Blend to a purée and season carefully with sherry vinegar.

## To serve

1. Steam the lamb for 10 minutes. Leave for 5 minutes to rest.
2. Finely cut the basil and add to the lamb jus.
3. Gently panfry the diced vegetables in olive oil, without losing any colour.
4. Reheat the aubergine caviar and place in the centre of the warmed plate.
5. Garnish the plate with the diced vegetables.
6. Remove the cling film from the lamb and cut in half, widthways. Place on top of the aubergine caviar. Spoon the basil jus around the plate.

**Serves 4**



**Philip Dixon**  
Northamptonshire

### SOURCING MEAT

Although Philip buys his meat from a national catering butcher, he knows that his lamb has been raised on specially selected Cornish farms. He also knows that the lambs are mainly Texel Cross breeds which meet the supplier's own assurance standards for flavour, tenderness, meat-to-bone ratio, fat content and full traceability.





**Simon Haigh**  
Warwickshire

#### SOURCING MEAT

*In the three years that Simon has been working at the restaurant, he has consistently sourced his lamb from a local supplier. Not only is the quality of the meat excellent, but the fact that the supplier is based just seven miles away, means that he can respond to any last minute requests from the restaurant almost instantaneously.*



# BRAISED SHOULDER, TONGUE AND FILLET OF LAMB

## LAMB SHOULDER

- 1 lamb shoulder, boned
- 3 shallots, chopped
- 2 tbsp sea salt
- 1 tsp cracked black pepper
- 1 tbsp chopped rosemary
- 1 head of garlic
- 1 litre lamb stock
- 1 carrot, diced
- 1 celery stick, diced
- 1 onion, diced
- 1 leek, diced
- 150g of diced carrots, celeriac, swede, blanched
- 50g capers
- 1 tbsp grain mustard
- 1 x 600g fillet of lamb

## LAMB TONGUES

- 4 tongues
- 200ml red wine, boiled and cooled
- 12 sliced shallots
- Rosemary sprig
- 2 tsp pink salt

## Method for the lamb shoulder

1. Marinate overnight the shoulder with the shallots, sea salt, pepper, rosemary and garlic.
2. Wash off the shoulder and tie up in a roll.
3. Sear in hot oil until well browned all over. Braise with lamb stock and the carrot, celery, onion and leek for 3 hours until tender. Leave to cool.
4. Remove any excess fat, sinews and skin.
5. Mix together root vegetables, capers, mustard and seasoning. Spread out evenly over the shoulder. Then re-roll in cling film and refrigerate.

## Method for the lamb tongues

1. Add the tongues to the red wine with the shallots, rosemary and pink salt and marinate for approximately 12 hours.
2. Cover and braise for 4-5 hours in the oven at 160°C.

## To serve

1. Slice the shoulder, and reheat with the tongues in a braising liquor to a core temperature of 75°C.
2. Cut the lamb fillet into 150g pieces, season well and flash fry for approximately 1½ minutes on each side and rest in a warm place for 5 minutes.
3. Cut fillets as required and serve.

**Serves 4**



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