



NEW SEASON LAMB RUMP, PEAS A LA FRANCAISE & LOCAL WILD GARLIC

- 2 X 8oz lamb rump
- 1 head baby gem lettuce
- 200g frozen peas
- Half bunch fresh mint
- 200g frozen baby onions
- 1 lemon
- 1 pack streaky bacon
- Lamb 'hot pot' stock
- 3 cloves garlic (or wild garlic)
- Half bunch thyme
- 200g butter
- Oil to cook with

Pre heat the oven to 180 degrees, take out the rumps and allow to get to room temperature. Pat dry with kitchen paper then season liberally with salt and pepper. Sear the rumps on a medium heat, trying to render the fat as much as possible. Once this is done and you have caramelised the rump on all sides, then transfer to the oven. Roast for 8 ½ minutes for medium rare or 10 minutes for medium. Remember to rest the lamb for as long as you have cooked it.

Cut the bacon into lardons and caramelised them in the same pan that you used for the lamb to maximise the flavour. Once nice and crispy, remove from the pan and continue next with the onions & garlic. Once these are a lovely colour set aside with the bacon.



Add the peas to the same pan, then add back in the bacon, garlic and onions, add touch of stock, then lemon zest, cut mint and lettuce and only cook for 30 seconds to wilt the lettuce.

Serve this in a large bowl, carve your lamb rump and lay on the top of the sauce, pour over any left-over pan juices.