



Herb Crusted Lamb Loin with Herb Roasted Potatoes and Ratatouille

Overview

Difficulty Medium
 Servings 6
 Preparation Time 55 mins
 Cooking Time 60 mins

Ingredients

Herb Roasted Potato

- 600g boiled baby potatoes/new potatoes - cut into half.
- 1 tbl soften unsalted butter
- 60g chopped garlic
- ½ teaspoon finely chopped Italian Parsley.
- ½ teaspoon finely chopped Rosemary.
- Salt, to taste
- White pepper powder, to taste

- Garnish

- 10g sea salt crystal
- 10g fresh ground black pepper

- Garnish

- 5g sea salt crystal
- 5g fresh ground black pepper

Ratatouille

- 100ml cooking oil
- 200g Green Zucchini – cut into roughly 2cm cubes.
- 200g Yellow Zucchini – cut into roughly 2cm cubes.
- 200g eggplant – cut into roughly 2cm cubes.
- 50g Red Bell Peppers – cut into squares.
- 50g Green Bell Peppers – cut into squares.
- 1 tbl soften unsalted butter.
- 80g chopped garlic
- 50g chopped white onion
- 1 tbl finely chopped Italian Parsley
- ½ tbl finely chopped thyme
- 3 tbl tomato puree
- 500ml blended whole peeled tomatoes from can.
- 100ml chicken stock
- Salt, to season
- White pepper powder, to season

Herb Crusted Lamb Loin

- 6 pieces lamb loin taken from rack
- 200ml cooking oil
- 60g chopped garlic
- 400g finely blended Japanese bread crumb or old dried bread
- 1 tbl soften unsalted butter
- 1 tbl finely chopped Italian parsley
- 1 tbl finely chopped rosemary
- 3 eggs - beaten
- Salt, to season
- White pepper powder, to season

- Garnish

- 10g sea salt crystal
- 10g fresh ground black pepper
- 20ml extra virgin olive oil

Methods

Step 1.

Herb Roasted Potato

- In a heated medium pan, add butter and potatoes.
- Fry and coat potato with butter.
- Add garlic, herbs and oil set aside from searing the lamb.
- Season with salt and pepper, then roast potatoes in oven for 6 minutes at 190C.
- Garnish with sea salt crystal and fresh ground pepper just before serving.



Step 2.

Herb Crusted Lamb Loin

- Rub lamb loin with chopped garlic, salt and pepper powder.
- In a heated medium pan, add in 2 tablespoons of oil and sear the marinated lamb loin.
- Once all sides are seared, remove loin from pan and roast loins in oven for about 5 minutes at 180C.
- Set aside the pan from searing the lamb, and cool the loins once remove from oven. Mix the herbs and crumbs together, and place them on a flat tray or plate.
- When the lamb has cooled, soak it with beaten egg. Then coat the loins with the herbs and crumb mixture.
- Shallow fry the loins with the remaining clean oil and remove once the crust is crisp and light brown.
- Slice the loins and garnish with sea salt crystal and fresh ground pepper. Please complete part 2 and part 3 before serving.



Step 3.

Ratatouille

- In a heated medium pan, add cooking oil. Then fry white onion, zucchini and eggplant.
- Fry till softened, then add bell peppers.
- Add butter, garlic, herbs, tomato puree and season with salt and pepper.
- Increase the heat, and add blended tomatoes and chicken stock.
- Bring to boil and allow mixture to simmer till vegetables is fully cooked, and the gravy has reduced.
- Garnish with sea salt crystal, extra virgin olive oil and fresh ground pepper just before serving.



Guten Appetit



Product Used

Food Processor MCM68861GB

Saves on space, not on possibilities thanks to 50 functions

