

Stuffed Saddle Of Lune Valley Lamb With Buttered Runner Beans

Ingredients:

1 x Short saddle of Lune valley lamb – boneless
10 Garlic cloves – peeled and slow cooked in Mellow Yellow rapeseed oil
500g Bag baby spinach – picked, washed, blanched and refreshed
1 Litre Lamb stock
! Sprig rosemary
4 Large potatoes – cut into 8 cm discs and $\frac{3}{4}$ cooked in boiling salted water
200g Runner beans
200 ML Mellow Yellow rapeseed oil
75g Unsalted butter
Salt
Ground white pepper
Butcher's string

To Stuff The Lamb Saddle:

- Lay the boneless lamb saddle flat on a chopping board, so the two cannons of meat are facing away from you.
- Season liberally with salt and pepper.
- Place the cooked, drained garlic cloves length ways along the centre of the saddle.
- Squeeze any excess water from the cooked spinach and lay the spinach over the garlic cloves, along the centre of the lamb saddle.
- Fold the lamb saddle over so the flaps of fat overlap each other.
- Tie the saddle tightly with butcher's string in 2 – 3 cm intervals along the whole saddle and leave to rest in the fridge for 30 minutes.

To Cook The Saddle of Lamb:

- Pre heat the oven to 200 c
- Heat an oven proof frying pan to a medium heat and place the lamb saddle in without any oil.
- Seal the lamb saddle all over until light golden brown, then place the pan in the oven.
- After 5 minutes turn the oven down to 180 c and continue cooking for a further 15 – 20 minutes for medium rare cooking.
- Remove the cooked lamb saddle from the oven and leave to rest on a wire rack for 10 minutes.

To Make The Lamb Gravy:

- Chop the bones from the lamb saddle in to evenly sized pieces and place in a roasting tray in a pre heated oven at 180c until evenly golden brown.

- Place the coloured lamb bones in a sauce pan and cover with the lamb stock and rosemary sprig.
- Bring to the boil and simmer gently for 20 – 30 minutes.
- Pass the lamb gravy through a fine sieve ready to be served.

To Cook The Runner Beans:

- Slice the runner beans on an angle and blanch in salted boiling water until tender.
- Drain the hot runner beans in a colander.
- In separate sauce pan melt the unsalted butter with 75 ml water and bring to the boil, then add the hot cooked runner beans.
- Coat the runner beans with the butter/ water emulsion, season with salt and pepper.

To Serve:

- Pan fry the cooked potato discs in a little Mellow Yellow rapeseed oil until golden brown on both sides, season with salt and pepper.
- Place the golden brown potato discs in the centre of the serving bowls.
- Return the cooked lamb saddle to the oven for 3- 4 minutes to re-heat and then remove.
- Cut all the string from the lamb saddle and then carve the saddle into 1.5 cm slices and place on top of the potato disc.
- Place the buttered runner beans in a separate serving dish and pour the lamb gravy into a jug.