

LOIN OF LAMB WITH GREEN PEA AND MINT RISOTTO

Ingredients:

4 x 200g/7oz loins of lamb fat removed
50g unsalted butter
200 g Arborio Rice
400ml Fresh chicken Stock
400ml Fresh chicken stock
50 ml White Wine
100 g Mascarpone
150 g Parmesan (grated)
150g Frozen peas
1 Shallot
1 Garlic Clove
1 oz Butter
5 g fresh mint (chopped)
1 punnet pea shoots
Seasoning

Peel and chop the shallot and garlic and sweat in a pan with the butter, but don't colour. Add the rice to the pan with the onions and seal for about 30 seconds over a low heat.

Add the white wine to the pan and cook for a further few seconds. Before adding the warm stocks little by little while stirring. Simmer for about 15 minutes remembering to keep adding the stock little at a time NOT all at once.

In a non-stick pan drizzle a little oil and place over a medium heat, season the lamb loins with salt and pepper, when the pan starts to smoke place the lamb in and allow to colour golden brown (3-4 minutes) turn over and repeat the process. Add the butter and turn the heat down slightly spoon the juices over the lamb and continue to cook for a further 4-5 minutes. Cook the lamb medium rare if you prefer well done cook for a further 7 minutes remove the pan from the heat and allow the lamb to rest for 5 minutes.

Once the rice is cooked, mix in the mascarpone, peas and 100g of the Parmesan and season well.

To serve put the risotto on to the centre of the plate and top with the remaining grated Parmesan and mint serve immediately.