Lamb Rump with Vegetables 3 Ways

by Louise Brosnan

Ingredients

1 lamb rump (fat trimmed and scored)

Method

Season the lamb and heat up a pan. Add a little oil and put the rump in skin side down first. Turn and colour on all sides before putting in a pre heated oven at 180 degrees for 10 to 15 minutes for a pink meat or longer for well done. Allow to rest for at least 4 minutes before carving.

For the pea pesto

250g peas fresh or frozen
100g sorrel washed
50g pistachio nuts
100-150ml of rapeseed oil
Pinch of black pepper

Method

Blitz all ingredients together leaving the oil and black pepper until the end. Check seasoning and add salt if needed.

For the onion Purée

2 large white onion, evenly chopped
100g butter
150-180ml of cream
Salt and pepper

Method

Melt the butter on low heat, add the onions and sweat them until soft but without colour, add the cream and reduce, blitz when onions are soft and cooked through, season to taste.

Baby carrots

are cooked until tender and finished in a pan with butter and honey(optional). Season lightly with salt and pepper.

Pickled carrots

I carrot, washed and peeled
100ml white wine vinegar
200ml water
50g sugar
10g salt
Fennel seeds

Black peppercorns
2 star anise

Method

Make the pickle by adding all the ingredients together in a pot. Bring to boil and allow to simmer for 5 minutes. Add the carrot which should be peeled into thin ribbons. Allow to infuse for as long as possible with the heat turned off.

Enjoy!