



Jammin' JeRk



JAMMIN' JERK LAMB CUTLETS WITH VEGETABLES

Serves 2

Ingredients

40gm Jammin' JeRk Mild Marinade
4 French Trimmed Lamb Cutlets
200gm Lamb Mince
50gm Crepinette
1L Water
60gm Sweet Potato
170gm Chat Potato
4 Baby Carrots
4 Asparagus Spears
100gm Peas
15gm Diced Onion
50gm Beetroot
120gm Parsnip
50gm Spinach
2 Sprigs of Rosemary
1/3 Bunch of Thyme
1/3 Bunch of Parsley
½ Lemon
40ml Cream
100gm Butter
100gm Pistachio Nuts

Instructions

Place water in pot and bring to boil, add seasoning and thyme.

Prepare potato cylinders with a circle cutter - press down to make cylinder then use a corer to take middle out of potato so the core is hollow, keep both potato pieces.

Cut 5mm slice of beetroot then using a circle cutter press out 8 pieces of beetroot and roast until cooked.

Using the corer cut sweet potato into 4 pieces, then place all potato into boiling thyme water cook until almost done and remove from pot.

Peel and cut parsnip in thin slices then place in another pot with water, cream and seasoning. Cook until soft then puree.

Finely dice onion and sweat in pan with butter and seasoning. Add peas and some water, puree peas season with salt, pepper and small amount of lemon juice.

Blanch spinach, refresh with cold water, season.

Trim lamb cutlets, make a thin incision into middle of loin then fill with wilted spinach, seal lamb cutlet.

Season lamb mince with Jammin' JeRk, rosemary, lemon rind, salt and pepper cover lamb racks in a layer of mince then wrap racks in crepinette place back in pan and cook in oven at 170c until medium-rare, take out and rest.

Cut remaining herbs as fine as possible mix with crushed pistachio and season.

Cook carrot in thyme water till blanched then finish all carrot, potato and asparagus in butter.

Coat lamb in pistachio herb mix.