



Roasted lamb rump,
courgette, grilled potatoes &
vegetable demi-glace ▶



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INGREDIENTS:

Serves 4

Courgette puree	20g beetroot	0.1g xanthan gum	400g potato mids
400g courgette	24g chestnut mushroom	1-2g salt	40ml olive oil
27g basil	80g celeriac	1g pectin	10g thyme
27ml olive oil	40g broccoli	Grilled courgettes	8g garlic
1g salt	50g onion	300g courgettes	1g salt
Vegetable demi-glace	24g garlic	40ml olive oil	To plate
170g aubergine	4g tomato paste	10g thyme	400g lamb rump
180g cauliflower	4g kombu	8g garlic	12g basil cress
20g celery	40ml oil	1g salt	1g salt
60g carrot	1000ml water	Grilled potatoes	

METHOD:

1. To make the courgette puree; cut the ends off of the courgettes then quarter lengthwise, remove seeds. Heat the oil and add the courgettes, season with the salt. Cook until completely soft, stirring continuously. Once courgettes are soft, puree in a blender with the basil until smooth. Pass through a chinois onto a tray set on an ice bath to cool the puree quickly.
2. To make the vegetarian demi-glace; preheat oven to 160°C. Slice all of the vegetables as thinly and mix with the tomato paste, oil and kombu, transfer to a roasting tray. Roast for 45 mins, stirring every 15 mins. Add the water to the tray and return to the oven for 30 mins. Strain the stock into a saucepan and reduce to a sauce consistency. Mix the pectin, salt and xanthan gum then blend into the stock with a hand blender, return to the boil and then pass through a chinois.
3. To make the grilled courgettes; warm the olive oil with crushed garlic cloves and thyme, remove from heat and allow to infuse. Cut the courgettes in quarters lengthwise, and remove seeds, brush with the infused oil and season with salt. Bar mark the cut side of the courgette on a griddle plate and char-grill. Then toss in the infused oil.
4. To make the grilled potatoes; warm the olive oil in a small pan with the crushed garlic cloves and thyme, remove from the heat and allow to infuse. Cover the potatoes with cold water in a saucepan and add some salt. Bring to the boil and the simmer for 20 mins or until the potatoes are cooked through. Allow the potatoes to cool in the cooking water until they are cool enough to handle. Cut the potatoes in half and brush the cut side with the infused oil then season with salt. Bar mark the potatoes on the cut side on a griddle plate, char-grill or barbeque. Then toss in the infused oil. Before service cut the potato halves in half again and heat the wedges through a hot oven.
5. To plate the dish; to cook the lamb rump preheat an oven to 170°C. Season the rumps and place fat side down in a cold frying pan, place over a high heat and start rendering the fat, get good caramelisation all over. Place in the oven on a wire rack and cook to 47°C (for medium-rare) rest in a warm place for at least 10 mins. Carve into 4 equal pieces of around 80g each. Place the lamb rump in the centre of the plates and spoon the reheated courgette puree around the rump. Arrange the potatoes and courgettes around the plate and finish with the baby basil. Ideally serve a small jug of vegetable demi-glace on the side, otherwise sauce the dish in the kitchen.