

Buy Local Donegal Lamb



Roast Donegal Lamb

with Asparagus, Mushrooms & Pine Nuts (Serves 4)

Ingredients



- 4 200g Donegal lamb rump or loin
- 1 onion, finely chopped
- 500ml lamb or chicken stock
- 12 asparagus tips (3 per portion)
- 200g chestnut mushrooms
- 100g button mushrooms
- 100g diced bacon
- 50g pine nuts
- Rosemary
- Chervil
- Donegal Rapeseed Oil for frying

Method



1. Preheat the oven to 200°C / 180°C (fan) / 395°F / Gas 6.
2. Pat the lamb rumps dry with kitchen towel and season with a generous pinch of salt and pepper.
3. In a large frying pan, heat 1 tbsp of the oil over a medium heat.
4. Add the lamb rump and rosemary and cook for 4-5 minutes, turning frequently, until browned on all sides.
5. Once browned, transfer to a baking tray and then place lamb in the oven for a further 5-10 minutes.
6. Wipe the pan clean, return to the heat and add a new tbsp of oil. Add the onion, bacon and button mushrooms and fry for 5 minutes until starting to soften and colour.
7. Add the stock and reduce to thicken.
8. Peel the asparagus, boil for one minute and set aside.
9. In another pan, fry off the chestnut mushrooms. When soft, add a knob of butter and the pre-boiled asparagus.
10. Remove lamb from the oven and set aside for 5 minutes to rest.
11. Meanwhile, add the pine nuts to the reduced sauce.
12. Carve lamb into three slices each, assemble the asparagus and chestnut mushrooms around the plate and spoon over the sauce to finish.
13. Garnish with chopped chervil and serve.

Recipe by Chris Molloy, Lemon Tree Restaurant



Happy Easter!

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