



WEETON'S
FRESH FROM THE FARM



Many thanks to Eblex for the photos

Pan Fried Lamb with Mint & Pea Risotto

Serves: 2

Prep time: 5 mins

Cook time:

30-35 minutes

Ingredients:

2 lean lamb leg steaks

Salt and freshly milled black pepper

15ml/1tbsp Steenbergs dried mixed herbs

For the Mint and Pea Risotto:

1.2L/2pint good, hot vegetable stock

Up to 50g/2oz butter

1 small onion, peeled and finely chopped

225g/8oz Arborio (risotto) rice

50ml/2floz dry white wine

75g/3oz Yorkshire sprouted peas

15ml/1tbsp freshly chopped mint

Grated zest and juice of 1 lemon

Method

- 1 Place the steaks on a chopping board and season. Sprinkle with the herbs on both sides. Cover and set aside in a cool place.
- 2 To prepare the risotto; pour the stock into a medium saucepan and bring to the boil, then reduce to a simmer.
- 3 Melt the butter in a large saucepan and cook the onion for 3-4 minutes until soft. Add the rice and coat well in the butter. Add the wine and allow to evaporate, stirring continuously.
- 4 Add a ladleful of stock at a time and continue to cook until all the liquid is absorbed, stirring continuously. Continue to add the stock a little at a time until the rice swells and becomes creamy. You may not need all the stock (this should take about 30-35 minutes).
- 5 Add the peas, mint and lemon juice and zest. Season and cook for a further 5 minutes until the rice is tender and the vegetables are cooked.
- 6 10 minutes before the risotto is cooked place the lamb under a preheated grill or a prepared barbecue and cook for 4-6 minutes, turning once. Serve with the risotto.