



## Rump of Lamb with Peas and Pesto

### 青豆羊腩肉佐羅勒青醬

#### Ingredients:

- 160g podded fresh peas
- 250g new potatoes, halved if large
- 1 banana shallot, finely diced
- 2 rumps of lamb (about 160g each)
- 4 tbsp chopped flat-leaf parsley
- 4 tbsp chopped mint
- 60g unsalted butter
- 3 tbsp olive oil
- 120ml chicken stock
- 240ml double cream
- 2 little gem lettuces,  
outer leaves removed, quartered
- Ready-made pesto sauces
- Sea salt and black pepper



#### 材料:

- 160克 青豆
- 250克 新薯，可按其大小適量切割
- 2塊羊腩肉(一塊約160克)
- 60克 無加鹽牛油
- 3湯匙 橄欖油
- 1長乾蔥(切粒)
- 120毫升 雞湯

- 240毫升 雙份忌廉
- 4湯匙 番荳，切碎
- 4湯匙 薄荷，切碎
- 2小生菜
- 去外層，一切四
- 羅勒青醬 適量
- 海鹽 適量
- 黑胡椒 適量



## Steps:

1. Blanch the peas in a pan of boiling water for 1 minute and then refresh in iced water. Drain and leave to one side .
2. Bring a large pan of salted water to the boil, add the potatoes and cook until tender for about 15 minutes. Drain and set aside. Once the potatoes are cool enough to handle, peel off their skins.
3. Heat a large frying pan over a medium heat. Season the lamb with salt and pepper. Allow the butter and olive oil to melt in the frying pan then fry the lamb skin-side down for 8–10 minutes, until golden brown, then turn over and cook for a further 6 minutes. Remove to a plate and allow to rest for 5 minutes.
4. Add the shallot to the same pan and fry for 2 minutes on a medium heat, before adding the stock, double cream, potatoes, peas and beans. Bring to the boil. Add the parsley and mint and season to taste. Add the Little Gem and simmer for a further 3 minutes.
5. To serve, thinly slice the lamb. Place two Little Gem wedges in each bowl or plate, spoon over some creamy vegetables and then place the sliced lamb on top and drizzle over a little of the pesto.

## 步驟:

1. 先將青豆汆水，一分鐘後過冷河，備用。
2. 將薯仔放入加了少許鹽的滾水中，焗煮約 15 分鐘，或至其軟化為止。晾乾，待其冷卻後剝皮。
3. 將羊霖肉以鹽及黑椒調味。中火熱平底鍋，加入牛油及橄欖油至完全融化，將羊霖肉放入鍋中，肥膏一面朝底煎煮 8-10 分鐘至金黃色，然後翻面多煎 6 分鐘。離火上碟，靜置 5 分鐘。
4. 將長乾蔥於原鍋中以中火爆炒 2 分鐘，然後將雞湯、忌廉、薯仔及青豆加進鍋中並煮至沸騰。將番荳、薄荷加入作調味之用。加入小生菜並細火煨煮三分鐘後熄火。
5. 上菜時，每碟先放上半個小生菜，然後將其他配菜連醬汁舀上碟，再將羊肉薄切上碟。最後淋上少量青醬享用。

