

Holker Hall Salt Marsh Lamb, Crushed Peas, Woodland Mushrooms, English Onion and Sweetbread Fritter

Servings: 4

Main ingredients:

| | |
|----------|---|
| 2 x 400g | 6 bone rack of salt marsh lamb Sweetbread fritters (see recipe) Woodland Mushrooms (see Recipe) Sauce (See recipe) Marjoram crust (see recipe) Organic Podded Peas |
| 8g | Organic picked Baby Wood Sorrel (Growing Well) |

Ingredients for the Lamb:

| | |
|----------|--|
| 2 x 400g | 6 bone rack of salt marsh lamb (chimed & French Trimmed) |
| 40g | Butter (for Vac pac bag) (Cream of Cumbria) |
| 2g | Marjoram - (Growing Well) |
| 20g | Butter (to baste the meat) |
| 2 tsp | English mustard |

Method:

- On each rack of lamb cut away a small amount of fat leaving a thin layer.
- Cut each rack in half, you are left with four three-bone racks of lamb.
- Remove the outside bones from each rack to leave one bone in the center of each piece of lamb.
- Tie butchers string around the eye of the meat on each side of the bone. (Not too tight)
- Place two lamb racks into one vac pac bag with 20g butter & 1g of marjoram. Seal tight.
- Cook in a water bath for 24 minutes at 64°C leave to rest for 10 minutes.
- Remove from the bag and reserve the juice.
- Season the racks with salt and in a hot medium sized frying pan, seal the rack, add the remaining 20g butter and baste the racks for 2-3 minutes.
- Remove from the pan, spread a small amount of mustard on the back of the lamb then roll rack in the marjoram crust and keep warm.

Ingredients for the Sweetbreads:

4 x 20g/ ¾ oz
200ml/10 ½ fl oz
2g/ ¼ oz
20g/ ¾ oz
1
1

Holker Hall Salt Marsh Lamb Sweetbread
Cold Water
Salt
Piece of Onion
Clove
Bay Leaf

Equipment:

Method:

- Soak the sweetbreads in water for 24hours to draw out any blood
- Drain the sweetbreads then place them in to a small pan and cover with 250ml of water, add the salt
- Stud the bay leaf into the piece of onion with the clove, then place into the pan
- Bring to the boil, once boiled remove from the stove and leave to cool
- Remove the sweetbread from the pan and peel away the outer skin, reserve

To caramelize to sweetbreads:

5g/ ¼ oz
1g/ ¼ oz

Icing sugar
Salt

Method:

- In a hot medium sized Hot frying pan, add the sweetbreads and dust with the salt and icing sugar and leave to caramelize for 2-3 minutes and reserve.

Ingredients for Batter:

40g Potato Starch (fecule)
40g self raising flour (watermill)
40g corn flour
150ml willow water
1g sauce

Method:

- *Mix all the ingredients together and reserve*

Ingredients for Onion Fritter

| | |
|--------|----------------------|
| 200g | Finely Sliced onions |
| 2g | Salt |
| 2g | Turmeric |
| 2 tspn | Sunflower Oil |

Method:

- Put the sunflower oil, salt & finely slice onions into a heavy based pan. Cling film the pan. Place on to the stove & cook until the onions are soft with no colour
- Remove from the stove, add the turmeric and check seasoning. Reserve in the fridge until cold.
- Mould 10g of onion around each caramlised swee
- dip the onion and sweetbread into the batter
- Place in to the fryer; carefully shaking the basket, this is to get a light fluffy coating of batter. Fry at 180°C for 2-3 minutes until golden, keep warm and reserve

Ingredients for the Woodland Mushrooms:

| | |
|-------------|------------------------------------|
| 100g/3 ½ oz | Oyster Cumbrian Woodland Mushrooms |
| 1g/ ¼ oz | Salt |
| 12g/ ¼ oz | Butter (Cream of Cumbria) |

Method:

- Clean and wash the mushrooms three times
- Place the mushroom into a hot pan, add the butter
- Cook until the mushrooms are tender, season and reserve

Ingredients for the Marjoram Crumb:

| | |
|-------------|----------|
| 100g/3 ½ oz | Bread |
| 3g/ ¼ oz | Marjoram |
| 1g/ ¼ oz | Chervil |
| ½ g/ ¼ oz | Salt |

Method:

- Remove the crusts from the bread, Cut into pieces 2cm x 2cm and leave to dry
- Blitz the in a thermomix the bread, marjoram, chervil and salt to a fine green breadcrumb, reserve for the rack of lamb

Ingredients for Crushed:

| | |
|--------------|--|
| 150g/ 1 ¾ oz | Organic Peas, fresh Podded (HowBarrow) |
| 50g | Diced Onion |
| 8g | Shredded Sorrel |
| 120ml | Low Sizargh Cream |
| | Salt and pepper |

Method:

- In a medium sized pan melt the butter, add the diced onion, cook for 3-4 mins with no colour, season with salt
- Add the cream and 6g of shredded sorrel, cook for a further 2 mins
- Fold the peas through and crush slightly, check seasoning
- Add the remaining sorrel reserve to serve

Ingredients for the sauce:

| | |
|-------------------|-------------------------------------|
| 10g/ ½ oz | Butter |
| | Remaining juices from the mushrooms |
| | Remaining juices from the lamb |
| 25ml / 1 fl oz | Cream |
| 100ml / 3 ½ fl oz | Sweetbread Juice |
| | Butter |

Method:

- Place into a medium sized pan the juices from the mushrooms, meat and sweetbreads and bring to the boil
- Reduce by ¼ this usually takes about 2- 3 minutes
- Place through a Tammy cloth, place back into a pan and check the seasoning then blitz with 10g of butter and cream.

To Assemble:

- Place 2 spoonfuls of crushed peas onto the plate, scatter over the top of the mushrooms
- To the left hand side of the plate, place the fritter, Cut a 1mm slither off each end of the lamb to expose the pink, place on top of the peas, finish with sauce and baby wood sorrel