

Name		Chamara Karunanayaka Mudiyansele			
Dish Description		Grilled lamb backstrap with roasted beetroot puree, trio beans caponata, roasted chickpea, sauteed Dutch carrots, green pea and snow pea tendrils served with natural lamb jus			
Serves:	01	Prep Time:	1.00 hr	Cooking Time:	20 min to 60.min
Component	Ingredients	Method			
Lamb backstr ap 250g Natural Lab Jus	250g Lamb backstrap 5g Sea salt 5g Cracked pepper 10ml Olive oil 3 garlic cloves 120ml Cooking red wine Thyme Rosemary	Pre heat the oven to 200c. 250g lamb backstrap seasoned with salt and pepper and grilled in the saucepan with olive oil, garlic, thyme and rosemary. After 2 minutes later place the lamb in the oven for 3 minutes. Then add 120ml of cooking red wine and butter into the saucepan and simmer 2 to 3 minutes.			
Beetroot puree	1 number beetroot, trimmed 1 tablespoon extra-virgin olive oil 0.5 salt 50ml cup olive oil 2 tablespoons finely chopped garlic 2 tablespoons water 10g unsalted butter	<ul style="list-style-type: none"> Preheat oven to 200c. Toss beets with olive oil and 1/2 teaspoon salt. Place beets in a roasting pan; add a splash of water. Cover tightly with aluminium foil, and roast in preheated oven until tender when pierced, about 1 hour and 30 minutes. Place olive oil, garlic, 2 tablespoons water, and add salt in a blender, and process until blended, about 5 seconds. Add beets, and process until smooth, about 40 seconds, stopping to scrape down sides as needed. Stir in black pepper. 			
Trio Beans caponata	2 tablespoons olive oil ½ teaspoon dried oregano ½ Red onion; finely dice ½ cloves garlic minced 1/2 25g flat leaf parsley 1 tablespoons caper 20g grams green olives pitted 3 tablespoons Balsamic Vinegar ½ tomatoes, 40 grams cannellini beans 40 grams cranberry beans 30g grams black beans	Heat olive oil over a high heat in a large pan. Add the four types of canned beans with oregano and pinch of salt. cook for 5-6 minutes, stirring occasionally. Lower the heat and add the onion. Cook for a few minutes, until starting to soften, then add the garlic and parsley stalks and cook for 1 minute. Add the capers, olives and vinegar. Cook for a couple of minutes, until the vinegar has evaporated, then add the diced tomatoes. Simmer, stirring occasionally, for about 15 minutes, or until all vegetable's tenders. Finally add chopped parsley and seasoning.			

Dutch carrot and green pea	Carrot and green pea	Peeled the baby carrot and cut into half and pre balanced in the boiling water for 2 to 3 min. After cooked, soke the carrot in the ice water to stop over cooked. Then heat-up saucepan add olive oil and add blanched carrot and sautéed for 1 minute and add green pea into the carrot and mixed with butter. Finally finished with salt and pepper.
Roasted Chickpea	100g cooked chickpea 1 teaspoon paprika Olive oil	Preheat the oven 180c and coat chickpea with paprika and olive oil. After that placed paprika coated chickpea on the roasting tray and roast 10minutes until crispy.
To Serve		Take white colour dinner plate, place 3 strait lines from beetroot puree, then add 3 tablespoons of trio beans caponata. After that cut Lamb into 3 pieces and place next to the caponata. Then arrange sautéed carrot, green pea and chickpea on the plate and pour lamb jus on the meat. Finished with edible flowers and snow pea tendrils as a garnish.
Special Diet Info.		Gluten free.

Insert Photograph

Final Dish



