Pan roasted lamb loin with Moroccan spice, puy lentils, parsnip puree, whipped feta, charred onions.

Harry Williams, Head Chef, Alpha St Kitchen & Bar

For four people

180gm Lamb loin per person

Moroccan spice mix

1 teaspoon ground cumin
1 teaspoon ground ginger
1 teaspoon flaky salt
¾ teaspoon ground black pepper
½ teaspoon ground cinnamon
½ teaspoon ground coriander
½ teaspoon cayenne pepper
½ teaspoon all spice

Method: grind altogether in mortar & petsle or coffee grinder. Save one teaspoon of the rub for lentils.

Rub on lamb loin and set aside.

Parsnip puree

400gm parsnip
400ml cream
400ml water
80gm butter
salt to taste

Method: peel parsnip and cut into even 8-10cm pieces. Put all ingredients except butter and salt into pot, boil until parsnip is tender.

Drain parsnip (save a little of the boiling liquid), put into a blender, add butter and salt, blend. If parsnip is too thick add a little of the boiling liquid. Check for seasoning.

Whipped feta

80gm feta

Method: blend in food processor until smooth and silky

Puy lentils

400gm puy lentils
1 litre water
4 cloves garlic
1 teaspoon Moroccan Spice rub
80gm carrot finely chopped
80gm celery finely chopped
1 small brown onion
120gm currants
100gm butter
20gm fresh coriander chopped finely
20gm fresh mint chopped finely
200ml Beef stock concentrate

Method
Cook lentils in litre of water until tender.
In a pan, sauté garlic, onion, carrot, celery with half the butter and Moroccan spice. Add cooked, drained lentils to the pan. Add currents, coriander, mint and beef stock concentrate, reduce till slightly thicker. Then stir through rest of butter. Check for seasoning.

Charred onion

4 pickling onions

Method: Cover with water in pot and boil lightly until tender. Slice in half and sear in a pan.

20ml Al Brown Orange & Chilli oil (specialty shops)

Plate! Enjoy!

Alpha St Kitchen & Bar
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