

SADDLE OF LAMB with lamb jus
with taboulé and asparagus-radish vegetables

SADDLE OF LAMB

PREPARATION . Clean the saddle of lamb and season with salt and ground pepper. Heat half the butter in a pan, add the saddle of lamb and sear vigorously on both sides; then transfer to a baking dish, spread the rest of the butter on the meat and place the herb sprigs in equal portions on the left and right. Cook in a preheated oven at 160 °C for approx. 5 – 8 minutes.

INGREDIENTS for 4 people . 800 g Saddle of lamb . 2 Tw Thyme
2 Tw Rosemary . 50 g Butter . Salt . from the mill . Pepper . from the mill





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LAMB JUS

PREPARATION . Peel the onion and cut into half rings, press on the garlic clove and quarter the mushrooms. Heat the rapeseed oil in a pan and fry the vegetables until golden brown. Finally, add the tomato purée and continue to roast for 1 minute at a medium temperature. Deglaze with the port, then add the red wine, bring to the boil and reduce by half. Add the lamb stock, the spice sprigs and the tomato seeds from the taboulé, then simmer for about 45 minutes more and reduce to about 600 ml. Strain everything through a sieve. Stir the butter into the jus and thicken with cornflour; season with maple syrup and salt and pepper.

INGREDIENTS for 4 people . 800 ml Lamb stock . 1 Onion . 1 Garlic clove
100 g Mushrooms . Rapeseed oil . 1 Ta Tomato paste . 50 ml . red Port . Tawny
100 ml . Red wine . 2 Tw Thyme . 2 Tw Rosemary . Tomato seeds . from taboulé
50 g Butter . Cornflour . stirred . 1 Ta Maple syrup . Salt & Pepper . from the mill



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TABOULÉ

PREPARATION . Season the water with the vegetable stock (we recommend our BENEN-DIKEN-HOF vegetable stock) and bring to the boil with the bulgur. Leave to swell, covered, on the switched-off hotplate. Quarter the tomatoes, remove the cores (add to the lamb jus), dice the tomato fillets into concassée. Finely chop the mint and parsley including the stems; mix the honey with lemon juice and olive oil, season with salt and pepper. Put all the ingredients in a bowl with the bulgur and mix.

INGREDIENTS for 4 people . 100 g Bulgur . 200 ml Water . 1,5 Ta Vegetable stock . BDH . 2 Tomatoes . Salt . from the mill . 1/2 Lemon . extracted
25 g liquid honey . 50 g Olive oil . 10 St Parsley . smooth . 8 St Mint . the leaves



ASPARAGUS RADISH VEGETABLES

PREPARATION . Peel the white asparagus, cut off the ends of the green asparagus; remove the leaves and roots from the radishes. Cut the asparagus into bite-sized pieces and the radishes into slices. Put some rapeseed oil in a pan and heat it up, sauté the asparagus in it and season with a pinch of sugar, salt and the vegetable stock (we recommend our BENEN-DIKEN-HOF vegetable stock here too). Deglaze with approx. 50 ml water, then cover with a lid and cook the asparagus at a low temperature. Finally, add the radishes and chives and finish with the butter.

INGREDIENTS for 4 people . 300 g Asparagus . white . 300 g Asparagus . green
5 Radish Chives . fresh . Rapeseed oil . Salt . from the mill . Sugar . 0,5 Te
Vegetable broth . BDH . 50 ml Water . 20 g Butter

