

Chef Brendan

Personalised Chef Services

Dukkah Crusted Southland Lamb Loin *Tagine Sauce, Date Chutney, Almond and Apricot Couscous* (4 portions)



Lamb

4 x Lamb Short Loins (trimmed of all fat and sinew)
Lamb chops or Leg Steaks work equally well for this dish.

Dukkah

1/8 cup Sesame Seeds
4 Tbs Coriander Seeds
2 Tbs Cumin Seeds
4 Tbs Hazelnuts

Toast all seeds and nuts separately. Then crush (again separately) in a mortar and pestle or in a spice grinder. Mix together. Store in an airtight container for up to 2 weeks.

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Date and Ginger Chutney

1	tsp	Finely Chopped Fresh Ginger
12	x	Fresh or Dried Dates
100	ml	Water
60	ml	Orange Juice
		Pinch Salt

Put all ingredients in a thick bottomed pot (with a lid) and gentle cook for 10 – 15 minutes adjust consistency with a little extra OJ. Check seasoning.

Tagine Sauce

350 – 400ml		Veal Stock
2	x	Diced Shallots
1	clove	Crushed Garlic
1	tsp	Chopped Fresh Ginger
1	x	Cinnamon Stick
½	tsp	Cumin Seeds
1	tsp	Coriander Seeds
¼	tsp	Red Chili (de seeded and chopped)
4	x	Coriander Stalks

Warm a small pot and add 2 Tbs of vegetable oil, garlic, ginger & shallot, season with salt and cover with a lid for 1 -2 minutes to soften the shallot, ginger & garlic (do not brown).

Add spices and herbs and cook for a further 1-2 minutes on a low heat stirring well. Add stock, then gently simmer for 20 minutes. Add a little water if the sauce becomes too thick. Let the sauce stand for 2 hours to further infuse the flavours then pass through a fine sieve. Taste and adjust seasoning. Sauce can be made a day in advance and stored in the fridge.

Couscous

1	cup	Couscous
1	cup	Boiling Water
2	Tbs	Olive Oil
¼	tsp	Ground Turmeric
4		Finely Chopped Dried Apricots
4	Tbs	Toasted Flaked Almonds
2	Tbs	Chopped Fresh Coriander
		Salt and Pepper
		Knob of butter

Place couscous, salt & pepper, olive oil, diced apricot and turmeric in a heat proof bowl. Pour on the boiling water and cover with cling film. Let it

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stand for 5 minutes. Uncover and add the butter, fluff with a fork, add almonds and coriander. Taste and season.

To Serve

Sprinkle lamb loins with salt and pepper and as much or little as you like of the Dukkah.

Cook on a hot grill or sear in a pan, try and cook the lamb until medium rare and leave to rest in a warm place for a few minutes before serving. Slice lamb and place over the couscous. Pour sauce around and spoon some chutney on the plate. This dish is complimented with natural yoghurt, fresh coriander leaves, hummus, pita bread and a crisp fresh salad.

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