

Roast rump of lamb

à la Dijonnaise

Haricots verts, mashed potato
and red wine jus

Ingredients

750g Lamb Rump Joint
240g Fine Green Beans
40g butter plus extra for roasting
2 sprigs rosemary
1 large sprig thyme
4 large potatoes
60g chives (finely chopped)
4tbsp Dijon mustard
40ml Olive Oil
400ml red wine
1.4L good quality beef stock
4tbsp Flour
Maldron sea salt & pepper to taste

Serves 4

Difficulty

A little effort (but definitely worth it!)



Step 1

Pre-heat the oven to 170 degrees, and place a roasting tray on the middle shelf to heat up.

Step 2

Peel potatoes and cut into quarters. Place in a large pan of salted water and bring to the boil. Reduce the heat to a simmer and cook until tender.

Step 3

Season the lamb rump with salt. Heat oil, butter, garlic, rosemary & thyme in a large frying pan and pan-fry the lamb, getting a good caramelisation on the skin.

Step 4

Transfer the lamb to the heated roasting tray and place in the oven, skin side down, for 30-40 minutes. After this time, transfer the lamb to a warm plate to rest for half the oven cooking time.

Step 5

Using the roasting juices in the tin, make your red wine jus - see method below.

Step 6

Boil water and a dash of butter and beef stock, and add your green beans. Bring the water back to the boil and simmer for 6 minutes.

Step 7

Drain the potato and leave to dry for a minute or two. Return to the pan with butter, and 2 tbsp milk and mash until silky smooth. Season to taste with salt & pepper and keep warm.

Step 8

Brush the skin side of the lamb steaks with Dijon mustard, and dip into the fresh chopped chives.

To serve

Place the mashed potato the left of the plate, with the green bean garnish next to it. Pour some of the red wine gravy onto the plate. Slice the lamb into 4 steaks and place on top of the beans. Make sure you slice the lamb at the last possible minute to ensure the flesh stays beautiful and pink before serving.

Bring to the table with extra jus for your guests to pour over the lamb and enjoy!

Red Wine Jus

1. Scrape the juices and scraps from the bottom of the lamb roasting tin into a small pan.
2. Add olive oil and heat for 1 minute before stirring in the flour
3. Cook for 1 minute more, then add the red wine
4. Continue to cook, stirring for 2 mins until thickened
5. Add the beef stock, stirring until you have the correct consistency
6. When needed, reheat by simmering the gravy for 3 mins