



BELMOND
NORTHERN BELLE
UNITED KINGDOM

RECIPES

by Richard Cunningham

MAIN COURSE

RHUG ESTATE BRAISED LAMB SHOULDER AND HERB-CRUSTED RUMP OF LAMB WITH CAPONATA, WILTED CURLY KALE, SWEET POTATO DAUPHINOISE AND RED WINE SAUCE

PREPERATION TIME

Preparation time 60 minutes	Cooking time (in total) 200 minutes
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INGREDIENTS

FOR THE HERB-CRUSTED LAMB

- 4 x 200g/7oz lamb rumps
- 200g/7oz brioche
- 50ml/1.7fl oz olive oil
- Rosemary
- Flat-leaf parsley
- Salt and ground black pepper
- Small jar of Dijon mustard

FOR THE SWEET POTATO DAUPHINOISE

- 300g/10.5oz sweet potatoes
- 300g/10.5oz potatoes
- 400ml/13.5fl oz double cream
(or low-fat crème fraîche)
- 200ml/7fl oz semi-skimmed milk
- 3 garlic bulbs (puréed)
- Salt and cracked black pepper

FOR THE RHUG ESTATE BRAISED LAMB SHOULDER

- 1 small Rhug Estate lamb shoulder (ask your butcher for it to be boned, rolled and tied)
- 1 tbsp olive oil
- Salt and pepper
- Rosemary
- Thyme
- 250ml/8.5fl oz lamb stock
- 5 shallots (halved)

FOR THE RED WINE SAUCE

- 500ml/17fl oz red wine (full-bodied, such as Merlot or Shiraz)
- 2 sprigs of thyme
- 2 cloves of garlic
- 1 shallot
- 200ml/7fl oz veal or vegetable stock

FOR THE CAPONATA

- 500g/17oz aubergines, diced (1cm cubes)
- 500g/17oz courgettes, diced (1cm cubes)
- 1 tbsp capers, soaked, drained and chopped
- 1 large onion, chopped
- 1 tbsp sugar
- 1 tbsp white wine vinegar
- 400g/14oz chopped tomatoes
- 40g/1.4oz tomato paste
- 40g/1.4oz sundried tomato paste

FOR THE WILTED CURLY KALE

- Kale
- Pinch of salt and pepper

PREPARATION METHOD

- 1/ For the braised lamb shoulder, pre-heat your oven to 140C/275F/gas 1. Score the lamb lightly with a sharp knife. Chop the thyme and rosemary and combine with the olive oil and a few pinches of salt and pepper. Rub the mixture into the shoulder. Put the halved shallots in a casserole dish and place the shoulder on top of these, then add the stock. Cover tightly and cook for 3 hours. Increase the oven temperature to 180C/350F/gas 4 and remove the lid to allow the lamb to roast for another 20-30 minutes until brown. Remove the lamb from the casserole dish and allow it to rest for a few minutes. Remove the string and carve, putting the slices onto a plate.

- 2/ You can make the dauphinoise in advance and reheat it before you serve. Pre-heat your oven to 200C/400F/gas 6. In a saucepan, bring the double cream (or crème fraîche), milk and garlic to the boil. Peel all the potatoes and slice thinly, with a mandolin if you have one. Put the sauce and the sliced potatoes into a larger pan and add the salt and pepper. Slowly bring to the boil over a medium heat, stirring the potatoes so they do not stick to the bottom. Once boiled, transfer the mixture to a deep baking tray, ensuring the potatoes are layered. Bake in the oven for 45 minutes until the potatoes are golden on top.

- 3/ The red wine sauce can also be made in advance and warmed through before serving. Heat the wine, shallots, garlic and herbs in a saucepan on a medium heat until the liquid reduces by a third (should take around 5 minutes). Add the veal or vegetable stock and continue reducing until the sauce has thickened. Sieve before serving.

- 4/ To prepare the caponata, place the diced aubergines and courgettes onto a baking tray, sprinkle on a little olive oil, salt and pepper and cook in the oven on 200C/400F/gas 6 for 10-15 minutes. Meanwhile, in a separate saucepan, lightly fry the diced onions until they begin to colour. Add the chopped tomatoes, sun-dried tomato paste, tomato paste and capers. In a separate dish, mix the white wine vinegar with the sugar until all the sugar has dissolved. Add the vinegar to the chopped tomato base along with the roasted vegetables. Simmer gently for around 5 minutes to allow the flavours to infuse, stirring regularly to prevent the caponata from burning.

PREPARATION METHOD

- 5/ For the herb-crusted lamb rumps, pre-heat the oven to 210C/425F/gas 7. Place the brioche, olive oil and herbs in a food processor until they form a breadcrumb mix. (You will get a finer mix if the brioche is a couple of days old; alternatively use white bread.) Score the fat on the rumps and then seal them in a hot pan with a little oil and butter. Season with salt and pepper and colour each side until golden brown. Remove from the pan and place on an oven tray. Brush the fatty side of the rumps with mustard and then pat on the breadcrumb mix, ensuring a nice, even coating. Cook in the oven for 10-12 minutes according to your preference—rosy pink will give the most flavour. Before serving, rest the meat for half the cooking time.

- 6/ When you are ready to assemble the dish, prepare the kale garnish (spinach can be used in place of kale). To wilt the kale, boil a pan of water, add a sprinkle of salt and pepper and then put in the kale for around 2 minutes, keeping the vibrant green colour. Remove from the water with a sieve or strainer and serve.

- 7/ To serve, carefully slice each rump into three pieces, without disturbing the crust, to show off the ruby-red colour of the lamb. Place a heaped spoonful of caponata on the plate and lay the rump on top. Arrange the other components on the plate and pour over the red wine sauce—aim to cover the shoulder as it will enhance the flavours, but avoid the rump as it will spoil the herb crust.