

Lamb Rump Baked in a Ceylon Tea and Salt Crust



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Damian Heads



The flavour of tea tannins and salt in the crust permeate and complement the natural sweetness of the lamb through the cooking process. Lamb rump is quite rich, and is best served with a squeeze of lemon and a light tomato and leaf salad or vegetable side.

- Sub Category Name

Food

Savory

- Recipe Source Name

The Chefs and the Tea Maker - 2008

Used Teas



Ceylon Premium Tea

Ingredients

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Ingredients For Ceylon Tea & Salt Crust

- 30g Dilmah Premium Ceylon Tea
- 600g Pizza Flour
- 600g fine Salt
- 400ml Water

Ingredients for Lamb

- 4 Lamb Rumps (250-300g)
- Salt and pepper
- Vegetable oil

Methods and Directions

Lamb Rump Baked in a Ceylon Tea and Salt Crust

- For the crust, place dry ingredients in a bowl and gradually add water. Work to a dough and knead until smooth. Wrap the dough and leave at room temperature overnight.
- To sear the lamb, heat a heavy frying pan over a flame, season the lamb with salt and pepper. Add a splash of oil to the hot pan and then the seasoned lamb. Sear the meat on all sides (be sure to acquire good colour) and remove to a plate to cool.
- Divide the dough into four pieces and roll each into a disc, approximately 25cm diameter and 1cm thick. Dry the lamb on paper towel, place one rump in the centre of each pastry. Wrap the pastry up over the lamb and pinch together to create a seal.
- Place the lamb parcels seal down on a baking tray. Bake in a fan forced oven at 220°C for 18 minutes. Remove parcels from the oven and rest for 10 minutes before opening up and serving.
- Use sharp kitchen scissors to cut into the pastry. The crust is not edible, however it presents well. Slice the lamb and serve.