



TEA-INSPIRED LAMB LOIN



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Sous-vide Lamb loin marinate with Dilmah Moroccan Mint Tea coated and Dilmah Peppermint Tea served with cauliflower puree, honey-glazed pumpkin and lamb jus.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Used Teas



Silver Jubilee
Moroccan Mint Green
Tea

Ingredients

TEA-INSPIRED LAMB LOIN
Lamb Loin



- 200g Lamb Loin
- 2g Moroccan Mint Tea, brewed
- 1g Peppermint Tea, brewed
- 100g Breadcrumbs
- 2g Egg Whites, beaten

Cauliflower Puree

- 150g Cauliflower, chopped
- 30g Garlic, crushed
- 50ml Milk
- 60g Butter

Honey Glazed Pumpkin

- 60g Pumpkin, cut into chunks
- 1g Butter, melted
- 3tsp. Honey

Lamb Jus

- Roast Lamb Bone & Trimmings
- 30g Celery
- 100g Onions
- 100g Tomatoes
- 10g Flour
- Water

Methods and Directions

TEA-INSPIRED LAMB LOIN

Lamb Loin

- Sous-vide Lamb loin marinated with Dilmah Moroccan tea and with Dilmah peppermint tea. Once done, coat in egg whites, then breadcrumbs and brown.

Cauliflower Puree

- Heat butter in a pan, add garlic and cauliflower. Take off heat once cooked through. Allow to cool and puree in a blender with milk.

Honey Glazed Pumpkin



- Glaze pumpkin chunks with melted butter and honey. Bake until golden and sticky.

Lamb Jus

- In a stockpot gently fry the onions, celery and tomatoes until lightly browned in colour, stirring continuously.
- Add the bones and trimmings with water and bring up to a boil, reduce the heat and gently simmer for 4 – 5 hours. Skim off any scum or fat that rises to the surface.
- Once cooled, pass the stock through a fine sieve and over a moderate heat, slowly reduce the stock. Add flour to gain consistency.

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