

Dish  
of the  
Month

Rump of lamb with artichokes  
Provençal, fondant potatoes  
and spinach



## Rump of lamb with artichokes Provençal, fondant potatoes and spinach



### Ingredients **Serves:** 4 people

- 4 rumps of lamb
- 4 baking potatoes
- 1 sprig of thyme
- 400mls chicken stock
- 500gms picked and washed spinach
- 500gms Jerusalem artichokes
- 1 tin of chopped tomatoes
- 100gms basil
- ½ an onion
- 1 glass red wine
- 100gms shallots
- 50mls balsamic vinegar
- 400mls lamb stock
- Arrowroot to thicken

#### **For the artichoke Provençal:**

- 1:** Peel the artichokes and keep in lemon juice and water to prevent browning.
- 2:** Cook in salted boiling water until tender. Leave to cool to avoid sogginess.
- 3:** Finely dice the onion and sweat, adding the chopped tomatoes.
- 4:** Put through a blender and then pass through a sieve.

#### **For the fondant potatoes:**

- 1:** Peel the potatoes and cut into even barrel shapes, approximately 4cm in length, 2.5cm in width.
- 2:** In a large sauté pan melt the butter over a low heat, add the potatoes and cook slowly, shaking the pan and stirring regularly until they are golden brown all over. This will take 15-20 minutes.
- 3:** Add 200mls of the stock and simmer for a further 10-15 minutes.
- 4:** Add the remaining stock and thyme and cook for 35-40 minutes until the stock has reduced and the potatoes are tender.

#### **For the lamb:**

- 1:** Seal the lamb rumps in a hot roasting pan.
- 2:** Cook in a preheated oven at 210 degrees for 10 minutes and allow to rest.

#### **For the sauce:**

- 1:** Deglaze the roasting pan from the lamb with the red wine.
- 2:** Add the balsamic vinegar, shallots and the lamb stock.
- 3:** Reduce by half and thicken with the arrowroot

Cook the spinach in a nob of butter and you are ready to serve.



**Zest**  
Caterers