

ESSEX LAMB BUN

1 Rack of Lamb
200g Lamb sweetbreads, blanched + fried in flour till crispy
75g Chicken Mousse
8 Cabbage leaves (blanched)
150g Crepenette

BRIOCHE

Ingredients

- 1lb Flour
- 1oz Yeast
- 2oz Sugar
- 20g Salt
- 4 Eggs
- 8 floz Milk
- ¾ lb Butter (Soft)

Salsa Verdi

Ingredients

- 100g x Blanched & Chopped Flat Parsley
- 30g x Anchovies
- 2 x Cloves Garlic
- 30g x Capers
- 1 x Shallots Diced
- 1 x Lemon Zest Only
- 150g x Olive Oil
- 1 tsp x salt
- ¼ tsp x Cayenne

1. Chop all ingredients together and mix with olive oil

Methods

- 1) Vac pac the lamb rack and cook sous vide in a water bath at 58c for 30 minutes. Chill in iced water.
- 2) Remove from the bag and portion into cutlets about 3 or 4 per rack.

- 3) Sear quickly in a pan each cutlet
- 4) Mix the sweetbreads and chicken mousse together and wrap around the cutlet.
- 5) Cover the cutlet with the blanched cabbage and then wrap in crepenette.
- 6) Make the brioche and prove once. Knock back and then put in the fridge.
- 7) Take a small piece of cold brioche and roll it out quite thinly. Wrap over the lamb cutlet and egg wash.
- 8) Bake in the oven at 180c for 12 - 14 minutes until browned. Remove from the oven and leave to rest for 6 minutes. Serve with the salsa Verdi.

MUSSELS

The mussel dish is simple really, first you have to cook and remove the mussels, strain the liquor through muslin cloth, to order you put the liquor, butter, hollandaise sauce, truffle oil, chopped shallots, diced carrots, diced celeriac, and reduced them all down together until the butter are emulsion with the cooking liquor and the vegetables are cooked. Then stir in the mussels to reheat them and finish with chopped parsley. The foam on the top is 3 parts Guinness, 1 part double cream and then make a roux sauce as if you were making a straight béchamel. This is then passed and out into an ISI gun and charged with 2 charges.