

Rump of Bolton Abbey Lamb with Red Onion Marmalade, Yorkshire Asparagus Spears, Wild Garlic New Potatoes and Fleurie Jus

This dish works well for dinner parties as everything can be prepared in advance. Just part cook the lamb and finish off with the other ingredients before serving.

Serves 4

4 portions of trimmed lamb rump, ideally marinated overnight with some olive oil, fresh thyme, rosemary and chopped slivers of garlic (4 cloves). Leave overnight in the fridge covered in cling film on a low shelf.

Red Onion Marmalade

3 large red onions, peeled and sliced into thin half moon pieces
½ bottle of red wine
3 tablespoons soft brown sugar
2 tablespoons red wine vinegar
4 sprigs finely chopped thyme (leaves only)
2 tablespoons olive oil for frying

Fry the onions in a frying pan over a fierce heat until they start to soften. Turn the heat down slightly and add the red wine vinegar, red wine, sugar and thyme. Continue to boil until the onions have a rich sheen and are deep red in colour, there should only be a small amount of liquid left. Remove from the heat and taste.

At this stage, depending upon the size of the onions you may need to add a little more sugar or vinegar, if so return to the stove. Once you are happy with the flavour season with a little salt and pepper and put to one side.

Remember, any left over marmalade can be stored for up to a week if kept in the fridge in an airtight container (it's very nice on a ham sandwich!)

Wild Garlic New Potatoes

20 new potatoes
Small bunch of washed wild garlic (stems removed)
60g local butter
Salt and pepper

Boil the new potatoes for 25 – 30 minutes until they are soft. Shred the garlic into strips and sprinkle over the drained cooked new potatoes, add the butter and mix well together, seasoning if necessary.

Fleurie Jus

Don't panic, this can be as easy as you like!

2 shallots, peeled and finely chopped
1 large glass of Fleurie (other red wine or port would do)
1 tablespoon of chopped mixed fresh herbs (parsley, chive, mint, tarragon, basil)
1 pint of reduced lamb stock (to cheat buy it from Sainsburys!)

4 dice size knobs of butter

Fry the shallots in 1 knob of butter and when they are soft (but no colour) add the fleurie and boil until there is hardly anything left. Next add the stock, bring it to the boil and reduce to a thick consistency (the gelatine from the bones in the stock will help to do this). Remove the pan from the stove and whisk in the 3 remaining knobs of butter. Correct the seasoning and throw in the chopped herbs.

Asparagus Spears

20 spears of asparagus, peeled if necessary

Place the asparagus spears into a large pan of boiling salted water and cook for approx 2 minutes. Toss in melted butter before serving.

To assemble the dish

Heat a non stick frying pan and place the seasoned lamb into the pan after draining off any excess oil. Colour the lamb well on both sides and place in the oven at 180°C for approx 12 minutes.

Remove and allow to rest for 10 minutes.

Heat up the other ingredients by placing them in the oven for 10 minutes and warm the sauce over a low heat.

Slice the lamb and place in a wheel shape on top of a portion of the potato. Balance the warm red onion marmalade on top of the lamb and spoon some jus around the edge of the plate. Serve with the asparagus.

Foraging Tips:

Wild Garlic is often found in woods and by rivers and streams. If you are not sure which plants are Wild Garlic, rub the leaves between your fingers and smell them - it will soon become apparent! Obviously you should make sure you do not pick garlic from nature reserves, or too much from a single area. Also, be careful not to trespass on private land and try and select plants which have not been sprayed.

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