

# Lamb backstrap with crispy kale, roasted pear and macadamia

By Shannon Bennett

**12 hours , including pressing time**

Prep time

**6 hrs 30 mins**

Cooking time

**6 servings**

Serves



## INGREDIENTS

### Lamb backstrap

3 lamb backstrap  
Murray River Sea Salt to taste  
1 tablespoon olive oil

### Lamb terrine: stage 1

2kg lamb leg on the bone  
Murray River Sea Salt and white pepper  
2kg duck fat, melted  
1 garlic bulb, cut in half  
2 rosemary sprigs

### Lamb terrine: stage 2

300g cooked lamb leg confit meat  
3 shallots, finely chopped  
1 cup flat leaf parsley, chopped  
2 tablespoons roasted garlic puree (resulting from the confit bulb above)  
½ cup dried cranberries, rehydrated in hot water for 10 minutes, drained  
2/3 cup roasted pistachio nuts  
½ cup lamb cooking juices (from the bottom of the set duck fat).  
½ teaspoon Murray River Sea Salt  
1 teaspoon lemon zest  
1 tablespoon olive oil (for searing)

### Crispy kale and salt bush

2 tablespoons olive oil  
4 kale leaves, washed and dried, spines discarded  
¾ cup semi dehydrated salt bush, washed and dried

### Mustard foam

100g mashed potato, well-seasoned  
2 teaspoons Dijon mustard  
2 eggs  
2 egg yolks  
1 teaspoon Murray River Sea Salt  
80ml grapeseed oil

### Brown butter

200g butter

### Pears

1 pear for wedges  
1 pear for crudités  
1 pear for fine dice  
1 tablespoon brown butter  
2 slices lemon

### To serve

¼ cup roasted macadamia nuts, roughly chopped

## **METHOD**

### **Lamb terrine: stage 1**

1. Pre-heat oven on Conventional at 120°C. Place medium Gourmet oven dish on level 2 and heat (empty) for 10 minutes.
2. Place lamb leg in the hot Gourmet oven dish with duck fat, rosemary and garlic. Cover with foil or lid and cook for 6 hours.
3. Remove lamb from duck fat and separate the meat from the bones. Cool and set aside to be used in stage 2.
4. Strain the duck fat and set in the refrigerator.

### **Lamb terrine: stage 2**

1. Remove skin from the confit garlic bulb, discard skin and puree the pulp with a spoon.
2. In a bowl combine all remaining ingredients in stage 2.
3. Fold a strip of baking paper to the width of the base of a rectangular terrine mould measuring 11cm x 28. Make sure it is long enough to come up the ends to 2cm above the top of the terrine.
4. Press the lamb mixture into the lined mould. Cover with a strip of baking paper and weigh down with heavy cans. Set in refrigerator overnight to set.

### **Crispy kale and salt bush**

1. Heat oil and fry kale and salt bush until crispy, drain on paper towel.
2. Place kale and salt bush on a baking paper lined baking tray in the oven on shelf position 3, Drying Function at 90°C. Dry for 2-4 hours depending on the size of the leaves, or until crisp.

### **Mustard foam**

1. Combine all ingredients except the oil in a stainless steel jug or cylindrical vessel; gradually add the oil whilst mixing with a stick blender until you have reached the consistency of a mayonnaise. Set aside.

### **Brown butter**

1. Place butter in a small pan on medium high heat, Induction setting 6-7. Cook until the butter reaches 175°C and is a lovely nutty brown colour. Drain the clear brown butter into a bowl, leaving the milk solids behind. Discard the milk solids.

### **Pears**

1. Pear wedges; cut a pear into 6 even wedges, remove core and peel with a paring knife. Set aside in water with a slice of lemon until required.
2. Pear crudités; slice unpeeled pears vertically to 1mm thickness on a mandolin. Stack 2-3 slices together; using a 3cm diameter cutter cut discs of pear, avoiding the skin and core. Place in the water with lemon.
3. Diced pear; peel and finely dice the remaining pear and set aside in acidulated water as above.
4. Heat a small frying pan on medium heat, Induction setting 6, add the diced pear and gently heat through for about 3 minutes. The pear should still have crunch. Set aside until required.
5. Pre-heat Fan Grill at 200°C. Brush pear wedges with butter and place on Multi-purpose tray. Grill for 5 minutes or until golden in colour. Keep warm.

### **Mustard foam**

1. Re-heat on low heat, Induction setting 3, whisking constantly until warmed through. Keep warm.

## **Lamb backstrap**

1. Brush lamb backstrap with oil and season with salt. Heat a frying pan on medium-high heat, Induction setting 7-8. Brown the meat on all sides and cook for 5 minutes. Remove from heat and keep warm whilst resting for 5-7 minutes before cutting into 2cm x 8cm portions.

## **Lamb terrine**

1. Cut terrine into portions of a similar size to the backstrap 2cm x 8cm. Heat a clean pan on medium high heat, Induction setting 6-8, pour in the olive oil. Sear the lamb terrine portions on presentation side only for 1 minute.

## **To serve**

1. Place lamb backstrap portion on left side of the plate and a terrine portion opposite on the right.
2. Place 3 pear wedges around the plate. Top the lamb backstrap with chopped macadamia nuts and top the lamb terrine with a small amount of kale and salt bush.
3. Scatter the buttered pear cubes around the plate. Stand the pear crudités up against the backstrap and terrine and dot the mustard foam around the plate.
4. Serve immediately.

## **Hints and tips**

- Strain duck fat and filter. Store for another use. The lamb juices which settle at the bottom of the duck fat can be strained and frozen for later use.
- Remaining terrine will keep for one week covered in the refrigerator, or will freeze for one month.
- Remaining brown butter will keep for 2 weeks, refrigerated.
- The kale can be cooked on Fan Plus at 90°C if your oven does not have Drying function.
- A loaf pan and ceramic terrine mould can be used in place of a cast iron terrine mould.
- Salt bush can be ordered online if not available at your local grocer.