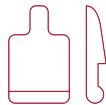




Roast Lamb Loin Stuffed with Chilli Pear



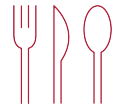
DIFFICULTY: EASY



PREPARATION TIME: 40
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4

Ingredients

Filling

2 tbsp olive oil
1-2 garlic cloves, crushed
½ bunch flat-leaf parsley, finely chopped
2 x 180 g Packham pears, peeled, cored and finely chopped
1 small red chilli, deseeded and finely chopped
2 tbsp pine nuts, toasted
60 g Pecorino cheese, grated

Meat

2 x 600g pieces of lamb loin, unrolled and flattened
Salt and freshly ground black pepper
3 red onions, peeled and cut into eighths
2 tbsp olive oil
1 tbsp brown sugar
100 ml white wine
200 ml beef or lamb stock

In addition

Kitchen string

Notes

If you don't have a MultiPoint MeatProbe, cook lamb on 180°C CircoRoasting® for 25 to 30 minutes or until cooked through.

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.

Method

Pre-heat oven to 180°C CircoRoasting®.

Heat oil in a frying pan over medium heat. Sauté garlic, parsley, pears and chilli; cook until pear is tender; add the pine nuts; transfer to a bowl and allow to cool; add the cheese. Mix well.

Trim the lamb if necessary and season with salt and pepper.

Divide the pear filling between lamb, pressing along the centre of each loin. Roll up to enclose filling and tie with string at 2cm intervals.

Heat olive oil in a frying pan, sear lamb until golden and place into a roasting pan. Fry onions and brown sugar in the same frying pan over medium heat until soft and caramelised. Deglaze with wine and stock and pour over the lamb.

Insert meatprobe horizontally into the thickest part of the meat. Set a core temperature (60°C for rare, 65°C for medium, 70°C for well done) and the oven will set the right amount of time for you. Remove from oven and allow to rest for 10 minutes. Remove cooking string and serve the lamb loin sliced, with the roasting juices poured over the top.