



Lamb Chop with Dilmah Supreme Ceylon Tea Polenta



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2010

Used Teas



t-Series Supreme
Ceylon Single Origin

Ingredients

Lamb Chop with Dilmah Supreme Ceylon Tea Polenta The Sauce

- 4 tea bags Dilmah t-Series Supreme Ceylon Single Origin
- 2kg lamb bones
- 0.05l olive oil
- 0.1kg Black trumpets (dried)
- 0.1kg baby spinach
- 0.5kg carrot
- 0.3kg celery sticks



- 0.3kg onion
- 0.2l red wine
- 0.25kg tomato puree
- 1 thyme sprig
- 1 bay leaf
- 3l water

Polenta

- 30 tea bags Dilmah Ceylon Supreme Tea
- 0.75kg white polenta
- 1.5l water
- 1.5l vegetable stock
- 0.15kg butter
- 0.05kg parmesan
- 2dl double cream
- 1 bay leaf
- 1 sprig rosemary
- Salt
- Black pepper
- Castor sugar

Lamb Chop

- 2.5kg lamb chop
- 1 sprig rosemary
- Olive oil
- 0.10kg butter
- ½ Chilli pepper
- 3 cloves garlic
- Salt
- Pepper

Methods and Directions

Lamb Chop with Dilmah Supreme Ceylon Tea Polenta **The Sauce**

- Preheat the oven to 220°C, put the lamb bones into a roasting tin, drizzle with olive oil and roast it for one hour until golden brown.
- Heat the remaining oil in the large stock pot and add the chopped vegetables.
- Stir frequently over a medium heat until the vegetables are lightly golden, add the tomato puree and stir for another 2 or 3 minutes. Add the browned lamb bones to the stock pot, leaving behind



the excess fat, pour over the cold water to cover and gently simmer. Add the herbs and simmer for 6 hours.

- Strain the stock into a clean pan, return to the heat and boil until reduced to 1/3. Season the sauce with salt and pepper.
- Prepare the tea (4 teabags in 0.5l water) and the Black trumpets in it for 2 hours. Squeeze gently to remove excess water. Just before serving put the black trumpets and baby spinach into the hot sauce and cook for 1 minute.

Polenta

- Prepare the tea (30 tea bags in 1.5l water) and mix together with 1.5l vegetable stock. In a large pan bring the mixture and the double cream to the boil. Add the bay leaf and the rosemary sprig. Whisk in the polenta and cook on a high heat for about 5 minutes until it thickens. Turn down the heat and cook for around 30 minutes stirring every 5 minutes until the polenta has the consistency of porridge. Finally, add the parmesan and the butter. Season with salt, sugar and pepper. Pour and spread the polenta into the tray, so that it is about 4cm thick. After cooling it, cut out squares a round 7cm each side.

Lamb Chop

- Heat the frying pan and add the olive oil, butter, chilli pepper, garlic and rosemary.
- Put in the meat and cook for 3 minutes each side, then transfer into an oven for about 6 minutes (this will still be pink inside, if you prefer it more well done, leave it in the oven a little longer).
- Bring out of the oven and leave to rest for about 10 minutes. Cut in pieces and serve.