



## CEYLON CINNAMON SPICE LAMB FILLET



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- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 2

### Used Teas



t-Series Ceylon  
Cinnamon Spice Tea

### Ingredients

#### CEYLON CINNAMON SPICE LAMB FILLET



## Smoked Lamb Fillet

- 250g lamb fillet
- 1 tsp smoked paprika
- 1 sprig of rosemary
- 1/2 tsp chopped garlic
- 30ml olive oil
- 2 figs
- 1 punnet of micro herbs
- Salt to taste

## Pancetta Crisp

- 10 slices of pancetta

## Caramelised Onion

- 2 tbsp olive oil
- 3 sliced brown onions
- 2 tbsp brown sugar
- 2 tbsp balsamic vinegar

## Smoking Mix

- 3 star anises
- 20ml olive oil
- 200ml wood chips
- 30g Dilmah Ceylon Cinnamon Spice Tea

## Methods and Directions

### CEYLON CINNAMON SPICE LAMB FILLET

#### Smoked Lamb Fillet

- Combine the paprika, rosemary, garlic, olive oil, herbs and salt.
- Marinate the lamb in the mixture and cover with plastic wrap and leave in the fridge for 2-3 hours.
- Cut the figs in quarters, drizzle with olive oil and grill.

#### Pancetta Crisp

- Put the pancetta slice on greaseproof paper and sprinkle salt and pepper on it.
- Bake at 200C for 10 minutes or until crisp.



- Once crisp place the pancetta on a tea towel to absorb the excess fat.

### **Caramelised Onion**

- Sauté the sliced brown onions in olive oil until they are translucent. (20-30 minutes)
- Add the vinegar and sugar and cook on low heat until all liquid has evaporated.
- Allow to cool.

### **Smoking Mix**

- Put silver foil in an oven tray and place the wood chips, tea and star anises on the foil.
- Light the wood chips and allow to smoke.
- Place the lamb fillet on a wire rack and drizzle olive oil over it.
- Place the wire rack over the smoke and cover. Leave for 15 minutes for medium-rare lamb.

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