

Lamb Wellington

Spring Lamb Wellington with Asparagus and Sauce Palloise.

Ingredients: Serves 4

1 loin fillet of lamb
500g puff pastry
2 egg yolks

For the mousse

1 skinless chicken breast
fresh parsley
salt & pepper
200ml double cream
1 shallot
butter
200g wild mushrooms
rosemary

For the palloise sauce

150ml white wine vinegar
100ml white wine
black peppercorns
1 bay leaf
2 egg yolks
200g clarified butter
squeeze of lemon
fresh mint
salt & pepper

1 bunch English asparagus
50g butter

A real dinner party dish, where the skill is all in cooking the Wellington, as the lamb quickly becomes over-cooked. Sauce palloise is a classic hollandaise with the addition of freshly chopped mint, and it makes a great accompaniment to both the Wellington and the asparagus.

To make the chicken and mushroom mousse, chop up the chicken breast and put in a food processor with some chopped parsley, salt and pepper and then blitz until smooth, then slowly add the cream and blitz again. Do not overmix the mixture as it will split. Chill the chicken mousse in the fridge.

Finely chop the shallot, sauté in some butter with the wild mushrooms and finish with some chopped rosemary. Lay the mushrooms out on a paper towel to get rid of any excess liquid, and then chill. Mix the mushrooms into the chicken mousse.

Trim all of the sinew off the lamb. Roll out the pastry to a rectangle about 30cm by 25cm, and then lay your lamb in the middle of the pastry and spoon the chicken and mushroom mixture alongside the lamb. Brush the pastry with egg yolk and roll over the meat to form the Wellington, then seal all of the edges of the parcel. Make some holes in the top for the steam to escape while it cooks, and brush the outside of the pastry with egg yolk.

For the palloise sauce, heat the vinegar, wine, peppercorns and bay leaf, and reduce down to a couple of tablespoons, and then strain through a fine sieve. Warm the clarified butter in a saucepan. Put the 2 egg yolks and strained reduction into a bowl over some boiling water, and whisk until it doubles in volume, then slowly add the butter, which will create a great hollandaise. Finish the sauce with a squeeze of fresh lemon, some chopped mint and season. Cover with cling film and keep warm until needed.

Pre-heat the oven to 200°C/gas mark 6.

To cook the Wellington, put it on a baking tray and bake at 200°C/gas mark 6 for 10 minutes, remove from the oven and rest on a cooling rack. The oven needs to be hot to cook the pastry without overcooking the loin.

Cook the asparagus in boiling salted water and finish with butter.

To serve, slice the Wellington with a sharp knife into four portions and serve with the buttered asparagus and sauce palloise. This is also great accompanied by some gratin dauphinoise potatoes.