



Lamb Backstrap with Celeriac Salad

The Honey Lady

16th October, 2011

Ingredients

Back strap of lamb from ZaraGrace Lamb
Olive oil
Honey Lady Wintergreen Honey

Method

Rub back strap with with wintergreen honey, massaging it into the meat. Can do this the night before to futher flavour the meat. Approx one teaspoon of honey per 100g of meat.

In a fry pan place a dash of good quality olive oil, and heat pan. When the oil is hot add backstrap browning on each side. Back straps of lamb cook really quickly and are best medium rare. 4 -5mins either side should do it. Turn off heat and rest lamb slicing.

The honey caramelises on the outside of the lamb and the herbs infuse through... yum

I love this served with a simple salad of Judith's mixed greens. It has chevril in it and the flavour mirrors the anise in the wintergreen honey.

Celaric Salad

Dressing

juice of one lemon
2 grates of lemon zest
2tablespoons of olive oil
one teaspoon of blue gum honey

Combine above ingredients to form a dressing, salt to taste

Salad

peel and grate one small or half a large celaric bulb
4-5 carrots, grated - different varieties look nice
1 Spring onion, sliced and diced
Handful of Coriander chopped coarsely
5- 8 mint leaves chopped coarsely

Combine the above with the salad dressing

this meal is lovely with roast potatoes... or broccolini that has been tossed in the pan that the lamb was cooked in!

ASFM SHOPPING LIST

Ingredients

Lamb backstrap
Olive oil

Honey
Lemons
Vegetables

Herbs

Stallholders

ZaraGrace Lamb (Site 22)
Bald Hills Olive Oil, Rodger Fryer
Patlin Gardens, Virgara's Garden
Honey Lady's Wintergreen Honey & Blue Gum
Fat Goose Fruits, B&A Andonopolous, Otherwood Orchards
Virgara's Garden, Patlin Gardens, N & M Tsimiklis,
Kalangadoo Organic, Alnda Farms, Golden BC, Cosmidis
Produce
Hart's Vegetables
Aays Fresh Herbs, Salad Greens & Kitchen Herbs