

# Jason Pettit – Capital Radio Recipe



## **Grilled Lamb steak with garlic, rosemary & anchovy sauce**

The sauce imparts a wonderful savoury flavour that balances the sweetness of the lamb perfectly!

### **Ingredients – serves 4 people**

4 each      lamb steaks (180gm approx.)  
1 tin        artichoke hearts (drained, cut in half or quarters)  
*salt and pepper to season*

#### ***sauce***

1 tin        anchovies in oil (50gm approx.)  
200 ml     olive oil  
1 each     lemon (zested & juiced)  
2 lrg        garlic cloves (peeled & grated finely)  
2 Tbsp     chopped rosemary leaves

#### ***to serve***

6 med      local potatoes (washed, cut into 20mm cubes)  
              cold water  
1 tsp        salt  
A few      rosemary sprigs to garnish

### **Method**

Place anchovies and oil into a pan and break up with a fork. Add oil, lemon juice and zest, grated garlic and chopped rosemary. Heat to a low simmer, stir occasionally and leave to cook out on a low heat.

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The sauce is ready when the anchovies have 'melted'.

Place cut potatoes into a pan, cover with cold water and add the salt. Bring to a rolling boil, reduce heat to a simmer and cover with a lid. When just cooked, turn off the heat.

Season the lamb steaks as required.

Pre-heat a griddle pan on a medium/high heat.

Place the lamb steaks into the griddle pan allowing space between each steak.

After 1 minute, add the artichoke hearts and lightly season.

Turn the lamb steaks and artichokes after 4 minutes.

Continue cooking until your desired temperature is reached (approx. 8 minutes for medium-rare | 10 minutes for medium)

Remove steaks from the pan and allow to rest covered in foil for a few minutes.

Drain the cooked potatoes and then arrange centrally onto the serving plates.

Place the artichoke hearts to one side of the potatoes.

Place each lamb steak on top of the potatoes.

Add a tablespoon of sauce over each lamb steak then garnish with a sprig of rosemary.

Serve immediately with remaining sauce on the side.

Notes from the chef:

*Boneless lamb steaks are readily available if you do not like to cook bone in.*

*The sauce can be made in advance and kept safely in the fridge for up to a week. Reheat gently before serving.*

*Take care cooking the sauce out, if the oil gets too hot then the anchovies and garlic can burn and become bitter.*

*Take the lamb steaks out of the fridge and packaging at least 30 minutes before you will cook them.*

*If your pan is not big enough to cook 4 steaks together then they can also be cooked under a grill – ensure the steaks are on a rack so any fat etc drips off. Place the artichokes into the pan under the rack to soak up the fat and juices from the lamb.*

*The lamb steaks can be cooked on a BBQ for a wonderful smoky flavour.*

Tbsp - tablespoon

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Tsp - teaspoon