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His Royal Highness The Prince Charles,
Duke of Rothesay

Mey Selections Warm Lamb Salad

Serves 4

Ingredients

- 360g Mey Selections Lamb Loin
- 120g Selection of Seasonal Salads (Shoots, Cresses, Leaves and Nasturtium)
- 20g Rosemary
- 30g Mey Selections Highland Blue Cheese
- 20g Pine Kernels
- 30ml Cider Vinegar
- 1 x Peeled Celery Stick
- 150ml Double Cream
- Seasoning
- 10ml Good Olive Oil

Method

1. Dress the salad with olive oil and dice the celery.
2. Heat the pan, cook the pine kernels and remove.
3. Add the lamb and cook until pink (approx 20 minutes), remove then rest.
4. Reduce the meat juices with the vinegar, then add the cream and reduce by half.
5. Crumble in the cheese to the cream mixture and keep warm.
6. Add the celery and chopped rosemary.
7. Assemble the salads in the middle of the plate.
8. Carve the lamb into slices and arrange around the salads.
9. Dress the salads with the cream and scatter with pine nuts.

