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## Lemon myrtle infused lamb saddle with braised silverbeet (serves 4)

### Ingredients

### Measure

### Method

#### Lamb

|                     |    |
|---------------------|----|
| Lamb saddle         | 1  |
| Salt                | 5g |
| Ground lemon myrtle | 4g |
| Pepper              | 2g |

Ask your butcher to bone out the saddle and keep aside the outer skin and bones. De-nerve the loin, season with salt, pepper and lemon myrtle. Wrap this in the skin securing with cooking twine. Sear off and cook to medium rare. Put aside.

#### Silverbeet

|               |         |
|---------------|---------|
| Silverbeet    | 1 bunch |
| Chicken stock | 200ml   |
| Thyme         | ¼ bunch |
| Rosemary      | ¼ bunch |
| Garlic        | 15g     |

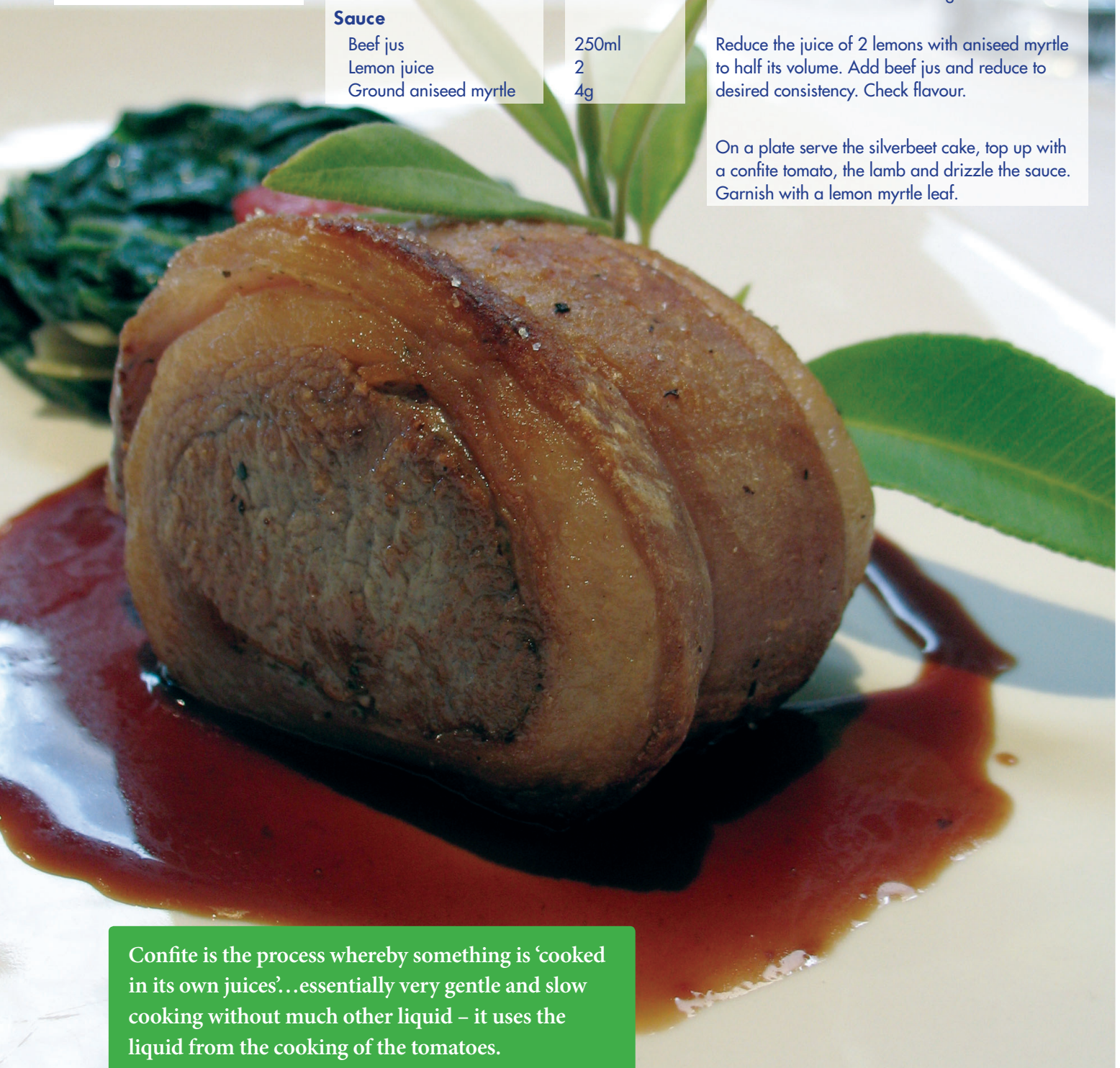
Separate the white and green of the silverbeet. Blanch the green in salted boiling water. For the white segments, first sweat off in a pan the garlic and herbs in olive oil, then add the chopped silverbeet white stem segment and chicken stock. Cook until soft. Check seasoning. In a tart ring place a green leaf on the bottom, top up with the braised stems and finish with a green leaf.

#### Sauce

|                       |       |
|-----------------------|-------|
| Beef jus              | 250ml |
| Lemon juice           | 2     |
| Ground aniseed myrtle | 4g    |

Reduce the juice of 2 lemons with aniseed myrtle to half its volume. Add beef jus and reduce to desired consistency. Check flavour.

On a plate serve the silverbeet cake, top up with a confite tomato, the lamb and drizzle the sauce. Garnish with a lemon myrtle leaf.



Confite is the process whereby something is 'cooked in its own juices'...essentially very gentle and slow cooking without much other liquid – it uses the liquid from the cooking of the tomatoes.