



**Roast Lamb Rump
with Hemp Seed Crust
on Beetroot & Grain
Risotto**



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Lamb rump is my favourite cut of lamb. It is still relatively tender, but has much more flavour than the more fancy cuts, as well as having a nice level of delicious fat. The risotto is a risotto in name only. It is best to prepare beets and cook the grains a day in advance if possible. You can use as many or as little of the grains as you like.

INGREDIENTS

FOR THE LAMB

- 2 Waipawa Butchery lamb rumps, fat cap on
- 1 onion, roughly chopped
- 2 carrots, peeled and roughly chopped
- ½ head of garlic, peeled and crushed
- 2 sprigs of rosemary
- 500ml cooking liquid from the beets reduced to 100ml (recipe follows)
- 500ml Lamb or Chicken stock

FOR THE CRUST

- 100g Kanapu Hemp Seed Flakes

- 50g panko breadcrumbs
- 50g mixed chopped herbs (for example: parsley, rosemary, oregano, marjoram, and sage)
- Dijon mustard

TO COOK THE BEETS

- 200g baby beetroot
- 1L water
- 10g salt
- 100g sugar
- 100g red wine vinegar
- 1tsp coriander seeds (optional)
- 1tsp fennel seeds (optional)
- 1tsp cumin seeds (optional)

FOR THE RISOTTO

- 250ml reserved cooking liquid from the lamb (add more or less depending how liquid you like your 'risotto')
- 120g cooked whole wheat
- 120g cooked pearl barley
- 120g cooked brown rice
- 120g cooked buckwheat
- 120g cooked spelt
- 100g chopped dried figs
- 75g chopped almonds
- 75g chopped butter
- A small bunch of parsley chopped
- 80g goat feta (I used cheese made by Jan at Punanga Lodge)

METHOD

1. Lightly score the fat on the rumps and season well with sea salt.
2. Place the rumps, skin side down in a frying pan over a medium to low heat and allow the fat to slowly render out and crisp up.
3. In a separate pan, sweat the onions carrots and garlic until the onions are translucent and start to colour.
4. Add the reduced beet liquid, the stock and rosemary to the pan, bring to the boil, and pour into a roasting dish.
5. Mix all of the ingredients for the crumb apart from the Dijon mustard.
6. Place the lamb fat side up on a rack over the roasting dish. Smear the top of the lamb with a sparing amount of the mustard and coat with the crumb. Pack the crumb down with your hands.
7. Roast the lamb in an oven at 180° for 10-15 minutes until cooked.
Remove the lamb from the oven and rest while making the 'risotto'.

FOR THE RISOTTO

This is a restaurant dish so obviously we are able to cook a multitude of grains in bulk and use a wide variety. It will not harm the dish at all to just use 1 or 2 of these grains at home to save you cooking too many!

1. A day in advance cover the beets with the water, sugar, vinegar, salt and spices and simmer for a couple of hours. You may need to top up the liquid now and then to make sure the beets stay covered. Once the beets are cooked, allow to cool in the liquid and store in the fridge overnight. The following day peel the beets and strain off 500ml of the liquid to reduce for the lamb dish (see previous recipe). Cut the beets into small wedges.
2. It is also helpful (although not strictly necessary) to cook the grains a day in advance. Cook each grain separately in boiling salted water until tender. Cool the grains in the cooking liquid and store in the fridge. Excess grains will keep for up to 5 days.

TO SERVE

1. While you are resting the lamb strain off approximately 250g of the lamb cooking liquid.
2. In a medium pot bring the liquid to the boil and skim off any impurities.
3. Add the cooked grains followed by the beets, the figs and the almonds.
4. When the grains are heated through remove from the heat.
5. Stir through the butter, followed by the parsley and crumbled feta.
6. Divide the 'risotto' evenly amongst your serving bowls.
7. Carve the lamb and place on top of the 'risotto' and serve.