

Chilli honey pistachio lamb chops, carrot sambaro, spinach mash and hot Thai dressing

(Serves 4)

For the chops



8 lamb chops French trimmed
100g/4oz pistachios finely chopped
75g/2½oz Arcia honey warmed
2 medium rocket dried chillis

For the spinach mash



750g/1lb 10oz potatoes
85g/3oz spinach
25g/1oz salted butter
75ml of full fat milk
salt and pepper to taste

For the sambaro



750g/1lb 10oz carrots - julienne
½ tsp black mustard seeds
2 tbsp ground nut oil
4 cm piece of fresh ginger mashed
1 medium green rocket chilli chopped
¼ tsp salt to taste
½ tsp ground coriander seeds
½ tsp ground cumin seeds
¼ tsp turmeric
¼ tsp garamasala
½ lemon juice
2 tbsp fresh chopped chives
1 tbsp fresh coriander

For the hot Thai dressing



4 tbsp sesame seed oil
3 tsp palm sugar
8 tbsp light soy sauce
50ml Indian lime juice
1 tbsp fresh watercress chopped
1 tsp black sesame seeds
1½ tsp white sesame seeds
2 tsp seaweed flakes
¼ tsp red chilli powder
1 tbsp watercress leaves
2 tbsp chopped coriander

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Preparation

(A good tip is to have all ingredients prepared and weighed before you start cooking.)

Heat oven to 180°C/gas 6 (200°C/fan).

Chop the pistachios and chillis in a food processor, peel and chop potatoes into chunks and clean and scrape the bones of the chops (a good butcher will prepare these for you). Squeeze the fresh lemon juice and julienne the carrots. Set all the ingredients aside.

Method

1. Boil potatoes in lightly salted water for about 15 mins or until tender. Add the spinach leaves and cook for 1 min or until wilted. Drain, return to pan and mash with the butter, milk and plenty of seasoning. Keep warm.
2. Warm the honey in a pan for 2 mins. Heat a smear of oil in a frying pan and sear the chops on both sides. Brush the chops with honey, then coat in the nut and chilli mixture. Place on a baking tray and drizzle over a little more oil. Cook in the oven for about 6-8 mins (the chops will be rare - cook longer if you prefer, but watch the nuts don't burn). Set aside, keep warm and allow to rest.
3. For the dressing, heat the sesame oil in a frying pan. Add the palm sugar and once dissolved, add soy sauce, lime juice, sesame seeds, seaweed flakes and red chilli powder. Give it a good stir, finish by adding the watercress and coriander. Set aside and keep warm.
4. For the sambaro, heat the oil in a large frying pan over a medium heat. Add the mustard seeds and when the popping has stopped, add the carrots, ginger, green chilli, coriander, cumin, turmeric and salt to taste. Stir-fry quickly for 2-3 mins or until the carrots begin to soften, squeeze over some lemon juice and sprinkle over the garamasala, chopped chives and fresh coriander.
5. Spoon the carrots onto warm plates and place the chops on top. Accompany with a good spoonful of mash and pour the Hot Thai dressing over the potatoes.



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