

PGI Welsh Lamb* noisette with citrus laver butter and potato cake



Noisette is a boneless, lean cut from the loin and is full of flavour. Welsh Laverbread^Δ complements the sweetness of the Welsh Lamb, as discovered by the historian and traveller George Borrow in the 19th century.

Serves 2 | Prep 20 minutes | Cook 30 minutes

Ingredients

4 lean Welsh Lamb noisettes
Haln Môn Sea Salt^Δ and pepper
50g salted butter, at room temperature
zest of half a lemon and half an orange
1 tbsp Welsh Laverbread
250g cold mashed potato
2 tbsp rolled oats
1 tbsp each of oil and butter

Method

- 01 Preheat the oven to 200°C/Gas mark 6.
- 02 Mix the butter, laverbread and citrus zest in a small bowl and shape into a cylinder. Wrap in greaseproof paper and refrigerate until required.
- 03 Heat the oil in a heavy based, oven-proof frying pan, season the meat on both sides with the salt and pepper and sear for 2-3 minutes on both sides. Slice half the butter and pop on top of each noisette, then transfer to the oven and cook for a further 10-12minutes depending on how pink you like your lamb. Remove from the oven and leave to rest in a warm place.
- 04 In the meantime mix the potato with the laverbread and oats, season with pepper and shape into 4 potato cakes of about 2-3cm thickness. Leave them at room temperature. In another frying pan, heat the butter and oil and fry the potato cakes until they are golden and crispy on all sides.
- 05 To serve, slice the remaining butter and put a slice on each cooked noisette and plate with the potato cake along with any lamb juices.

