

Pepper Crusted Loin of Alberta Lamb with a Sambucca Cream Sauce and Grilled Sweet Peppers



Serves 6

Ingredients:

1 kg. Boneless Alberta Lamb Loin - trimmed
3 Tbsp. black pepper corns – crushed coarsely
1 Tbsp. canola oil
Salt

Grilled Sweet Peppers:

1 red pepper, cut into large wedges
1 yellow pepper, cut into large wedges
Optional: asparagus and/or fennel
Olive oil to toss
Salt and pepper to taste

Method:

Preheat a frying pan with canola oil. Place seasoned lamb loin in pan, fat side down, allowing to brown for 1 -2 minutes. Flip and continue to evenly brown on all sides. Remove from pan and place in a shallow dish with crushed peppercorns. Firmly press peppercorns onto lamb loin. Put crusted loin into preheated 400°F oven, on new pan. Cook 10 – 15 minutes, until medium rare, then allow to rest.

Add red onion to pan and sauté over medium heat until tender. Deglaze pan with sambucca (flame), then add cream and chili paste. Allow to reduce and thicken slightly. Adjust seasoning with salt and white pepper. Carve loin and serve over steamed rice with sauce and grilled vegetables.

Recipe courtesy of Chef Darren Nixon

Sambucca Cream Sauce:

1 Tbsp. minced red onion
3 Tbsp. Sambucca liqueur (or other licorice flavoured liqueur)
 $\frac{3}{4}$ cup whipping cream
 $\frac{1}{2}$ tsp. chili garlic paste (sambal olek)
Salt and white pepper to taste

Your Notes



You've got **GREAT** taste!

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