

Hidden Lamb Savouries



Serves 4

Ingredients:

25g/1oz butter	3 tablespoons wine or stock
1 medium chopped onion	2 tablespoons oil
2 cored and chopped lamb kidney's	4 (175g/6oz) lamb chump chops
100g/4oz thinly sliced mushrooms	1 (368g/13oz) packet defrosted frozen puff pastry
1 tablespoon chopped parsley	Beaten egg to glaze
.5 teaspoon dried tarragon	
Salt & freshly ground black pepper	

Method:

Melt the butter in a saucepan and cook the onion for 5 minutes. Add the kidney and cook for 2-3 minutes. Stir in the mushrooms, parsley, tarragon, seasoning and wine or stock. Cook for 2-3 minutes and leave to cool. Meanwhile heat the oil in a frying pan and cook the chops for 3 minutes on each side. Allow to cool slightly. Divide the pastry into four portions and roll out each to make a square large enough to enclose the chops. Spoon a little of the kidney mixture on each square, top with a chop and the remaining kidney mixture. Dampen the edges with water and fold over to enclose the chops. Seal well and trim. Reserve any trimmings to decorate. Glaze with beaten egg. Place on a dampened baking tray and bake in a hot oven (220C, 425F, Gas Mark 7) for 25 minutes. Garnish with parsley and serve with seasonal vegetables.

Your Notes



You've got **GREAT** taste!

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