

Lamb Medallions in Lemon Chive Sauce



Serves 4

Ingredients:

8 x 2 oz (50g each) lamb medallions
2 Tbsp. (30 ml) fresh chives, chopped
1/2 cup (125 ml) dry white wine
2 Tbsp. (30 ml) liquid honey
1/4 cup (60 mL) butter
1/4 cup (60 mL) lemon juice
2/3 cup (150 mL) whipping cream
Salt & pepper to taste

Method:

Season the medallions with salt and pepper. Heat a large, non-stick skillet to medium-high, add the butter and when melted place the medallions into the pan, lightly sauté until cooked, turning frequently (2 minutes). Remove from the pan and keep warm.

Add the chives to the pan and lightly sauté for two minutes then pour the wine into the centre of the pan. As soon as the wine boils swirl the pan and stir lifting any residue from the bottom of the pan. Add the lemon juice, honey and cream. Bring to a boil then lower the heat and simmer until the sauce reduces to the consistency of light syrup. Correct the seasoning, spoon sauce over the lamb and serve.

(The term reduce means to simmer until moisture evaporates and the sauce thickens naturally)

Your Notes



You've got **GREAT** taste!

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