

Slow Cooked Lamb Shanks with Minted Pea's & Mash

By Rex Morgan.

INGREDIENTS:

2 x Lamb Shanks - Forequarter (front)
1 Litre Beef or Lamb stock
1 Carrot - chopped
1/2 Onion - chopped
1 Celery stalk - chopped
Fresh Thyme
Fresh Rosemary
2 Tablespoon Tomato Paste

3 Large Agria potatoes
1 Tablespoon Butter
Splash of Cream

400gm Frozen Peas (Blanched)
2 Tablespoon Fresh Mint - chopped
2 Tablespoon Butter

INGREDIENTS:

Using an oven-proof dish or pot, fry shanks until golden brown, remove and set aside. Fry vegetables, adding herbs, tomato paste and stir regularly. Pour in the stock, return shanks to the pot and ensure they're covered with stock. Bring to the boil, cover with a lid or foil and place in oven at 180°C for 1½ - 2 hours.

Once cooked, take the shanks out of the oven, transfer some of the stock into a pot, reduce over a low heat and use as a jus OR remove the shanks from the dish (and any sticks from the herbs) reduce, and blend the stock and vegetables to create a thicker sauce.

Boil potatoes, drain and mash, add butter and cream, mash until smooth (keep mash warm). Blanch peas for 2-3 minutes, drain and then heat peas in a pan with butter and mint. Make a bed of mash potato, place vegetables on the mash, spoon minted-peas around the vegetables and position shank on top, with spoonfuls of sauce.

IDEAS:

Blanching the peas is a great way to jump-start the cooking process, cooking them "just enough" so they're ready for the second stage of the recipe; being heated in butter with fresh mint. When mashing the potato you can use a stick-blender to achieve a thick, creamy finish.

Passionfruit Pearls with Berry Yoghurt Ice Cream

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INGREDIENTS:

200ml Passionfruit Syrup
Tapioca (small packet)
200ml Berry Yoghurt
200 grams Frozen Berries
500ml Cream
Coconut Cream
Fresh Lemon Thyme

METHOD:

Cook tapioca in boiling water for five minutes. Turn heat off, cover with lid and leave for another five minutes until it turns translucent. Pour into a colander and refresh under cold water. Place drained tapioca into a bowl, add passionfruit syrup, mix and marinate overnight.

Place frozen fruit in a food processor and blitz, add cream and blend until combined. Place the mixture into a bowl and fold in the yoghurt, then into the freezer for at least two hours. To speed up this process you can place a thinner layer of the mixture in a larger dish (this will help it freeze quicker).

Serve tapioca in a small bowl with a scoop of yoghurt ice cream, a drizzle of coconut cream and some fresh lemon thyme leaves to garnish.

IDEAS:

Get a little adventurous with your yoghurt flavours and mix it up a little. To cook tapioca, use 3:1 ratio = 3-parts water to 1-part tapioca.

FURTHER LINKS:

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