

# PAN FRIED LOIN OF JOE SIMPSON HERDWICK MUTTON

WITH BRAISED SHOULDER,  
MUTTON AND ROSEMARY SAUSAGE, MUTTON PANCETTA,  
FONDANT POTATO, SAVOY CABBAGE AND A MINT JUS

Created by Dave Hunter  
and served at The Rose and Crown, Romaldkirk



## SERVES 4 FOR THE MUTTON LOIN

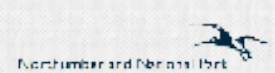
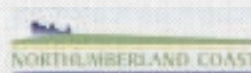
Ingredients	Quantity
Mutton loin	1kg
Olive oil	1tbsp
Butter	

## METHOD:

1. Cut all the fat, skin and sinew off the loin leaving only the eye of the meat.
2. Wrap tightly in cling film to form a cylinder and chill in the fridge.
3. Heat some olive oil in a sauté pan, fry the loin until coloured on all sides.
4. Add a knob of butter and cook for five minutes until medium rare.
5. Leave to rest for five minutes.

This recipe has been produced as part of The Northern Lands initiative funded by DEFRA through the Rural Development Programme for England to promote local produce, and this food tourism project is led by Visit County Durham.

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Go to [thisisdurham.com/eat](http://thisisdurham.com/eat) to view all of the Durham recipes from this project.

## FOR THE MUTTON SHOULDER

Ingredients	Quantity
Shoulder of mutton on the bone	2.5kg
Rosemary	large bunch
Lemon, zest and juice	1
Mint	6 sprigs
Black pepper	to taste
Banana shallots, halved	8
Garlic bulbs, halved	2
Red wine	750ml
Water	1 litre

### METHOD:

1. Seal the mutton in a hot pan until deep golden brown.
2. Add to the pan the lemon zest, black pepper, rosemary, the shallots, in half lengthways, and the garlic bulbs, cut in half around the middle.
3. Pour the bottle of red wine into the pan, and top up with water to cover the meat.
4. Now seal the top of the dish with a layer of baking parchment followed by tin foil. Put the tray in pre-heated oven at 140°C for at least 6 hours.
5. After 6 hours or so, remove the lid strain off the juices.
6. Over a high heat, reduce the liquor, season and add mint. Reserve the liquor to serve as the mint jus.
7. When the shoulder has cooled a little, pick all the meat off the bone, season with salt, pepper and lemon juice.
8. Lay several pieces of cling film on your bench and place the shoulder meat on it and roll into a tight cylinder then chill in the fridge.

The mutton and rosemary sausages and mutton pancetta are made to a closely guarded secret recipe; these elements will need to be sampled at a visit to The Rose and Crown.

## FOR THE FONDANT

Ingredients	Quantity
Butter	150g
Potatoes	4
Chicken or vegetable stock	75ml
Garlic cloves, peeled, crushed lightly	2
Thyme, fresh	2-3 sprigs
Sea salt flakes	
Freshly ground black pepper	

### METHOD:

1. Peel and cut the potatoes into barrel shapes using a cookie cutter.
2. Heat the butter over a medium heat in a saucepan. When the butter is foaming, add the potatoes and fry for about 5 to 6 minutes until deep golden brown on one side.
3. Turn over the potatoes and cook for a further 5 to 6 minutes, or until golden-brown on both sides.
4. Carefully pour the stock into the pan, and then add the crushed garlic cloves and thyme sprigs. Season, to taste, with salt and freshly ground black pepper.
5. Cover the pan with a lid and reduce the heat until the stock is simmering. Simmer the potatoes until tender, then remove the potatoes from the pan using a slotted spoon and keep warm.

## FOR THE SAVOY CABBAGE

Ingredients	Quantity
Savoy cabbage, cored and shredded	1
Smoked streaky bacon, derinded and chopped	110g
Butter	55g
Dry white wine	85ml
Parsley, fresh, chopped	2tbsp
Fennel seeds	2tsp
Crème fraîche	2tbsp
Salt and freshly ground pepper	

### METHOD:

1. Melt the butter in a large pan. Add the bacon and cook for 3 to 4 minutes.
2. Add the cabbage and mix all together. Add the wine and season well. Cover and cook gently for 10 minutes until the cabbage is tender.
3. Stir in the fennel seeds, parsley and crème fraîche and serve.

### TO SERVE:

1. Carve the loin into slices and place on top of a pile of cabbage.
2. Place the mutton shoulder on the side of the plate with pancetta on top.
3. Cut the sausage in half and arrange on either side of the fondant potato next to the shoulder and the sauce.