

# TEESDALE LAMB STEAK

WITH PISTACHIO NUT AND 5 SPICE SAUSAGE,  
MINTED PEA BAVAROIS, PARSNIP PUREE  
AND CRISP ONION

Created by Davey Babooram  
and served at Café Bowes at The Bowes Museum, Barnard Castle

**SERVES: 4**

## FOR THE MINTED PEA BAVAROIS



Ingredients	Quantity
Shallot, diced	1/2
Mint leaves, fresh, chopped	a handful
Milk	150ml
Petit pois, frozen	250g
Gelatine	1 leaf
Double cream	75ml

## METHOD:

1. Soak the gelatine leaf in a small bowl of tap water.
2. Cook the diced shallot gently in a little butter until tender. Add the roughly chopped mint leaves, pour in the milk and bring to a simmer. Add the frozen petit pois and gently bring to the boil until the peas are soft.
3. At this stage remove the pan from the heat and blend the mixture. Pass through a fine sieve to remove any lumps.
4. Take the softened gelatine and squeeze out any excess water with your hand. Add this to the puree and stir until dissolved.
5. Whip the cream to soft peaks, taking care not to over whip, then fold the cream into the pea mixture, taste and season.
6. Lightly oil 4 dariole moulds and pour the mixture into the moulds, place in the fridge and leave until set for 2 to 4 hours or overnight.

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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## FOR THE PARSNIP PUREE

Ingredients	Quantity
Parsnip, large, diced	2
Onion, diced	1/4
Garlic, chopped	1 clove
Cream	75 to 100ml
Salt and white pepper	

### METHOD:

1. Boil the parsnip chunks in salted water until tender, drain and set aside.
2. Put the cream, diced onion and chopped garlic into a pan and bring to the boil.
3. Put the parsnips into a food processor and slowly add the cream, blend until the puree is the consistency of double cream.
4. Season with salt and white pepper.

## FOR THE CRISP ONION

Ingredients	Quantity
Onion, finely sliced	1

### METHOD:

1. Finely slice a small onion preferably with a mandolin.
2. Arrange the slices on a baking tray and bake in the oven at 80°C for 2 hours.
3. Remove the tray from the oven, gently brush the onions with oil and season. Return to the oven and cook at 120°C for a few minutes until golden.

## FOR THE LAMB SAUSAGE

Ingredients	Quantity
Teesdale lamb, minced	450g
Pistachio nuts, crushed	100g
5 spice	2 tbsp
Onion	1/2
Breadcrumbs	75g
Egg	1

### METHOD:

1. Finely dice the onion and sauté in a pan over a low heat until tender, then add the 5 spice and cook for a further 2 to 3 minutes.
2. Mix all the other ingredients together before adding the cooled onion, then season.
3. Take about 85g of the mixture and roll into a sausage shape and wrap tightly in cling film, chill in the fridge for an hour. These are going to be like koftas so there is no need to put into casings. If you are friendly with your local butcher they may be able to provide you with these sausages.

## FOR THE FINAL DISH

Ingredients	
4 Teesdale lamb steaks	140 to 170g each

### METHOD:

1. Let the lamb stand at room temperature for an hour as cooking straight from chilled will result in uneven cooking.
2. Cook the homemade lamb sausage under the grill for 12 to 15 minutes, turning regularly to maintain an even colour.
3. While your sausages are cooking, heat a frying pan and season the lamb steaks. In the hot pan add a little oil and a knob of butter (the oil stops the butter burning). Once the butter is foaming add the steaks and sear on both sides for 2 minutes to serve pink. For well-done steaks cook for an additional two minutes on each side.
4. Remove the steaks from the pan and leave to rest for 4 to 5 minutes, allowing the juices to settle.
5. Warm the parsnip puree in a small pan and spoon onto the serving plates, make a semi-circular pattern. Take the bavarois and dip the dariole mould into hot water this will help loosen it from the mould. Tip upside down onto the plate opposite the puree and remove the mould completely.
6. Place the lamb sausage on top of the puree, place the rested lamb on top of the sausage and to finish garnish the bavarois with the onion crisp.

