

Pan-fried Loin of lamb

with tomato, kalamata black olives, fetta and lemon

Ingredients:

2 loin of lamb, Remove top flab off the loin and trim off excess fat
3 slightly under ripe tomato, diced.
½ cup pitted Kalamata black olives
150gms. Fetta cheese, cut into cm cube
1 tablespoon chopped lemon
1 tablespoon chopped parsley
60ml. White wine
2 clove chopped garlic
80gm shishito peppers
2tablespoon chopped red skin shallots
1 brown onion slices
Dried Greek oregano
30gm. Pinenuts
20gm. Butter cube
50ml extra-virgin olive oil

Marinades for lamb:

Salt
Black Pepper
2tablespoon Lea and Pearing Worcestershire sauces
2tablespoon olive oil
1 clove chopped garlic
20 ml. dry white wine

Method

Sliced marinade lamb into ½cm. Slices at an angle with a little fat left on the meat
In a large frying pan heat some olive oil until smoke seal the lamb slices lightly brown on both sides.
Add chopped shallots, onions sauté until soft
Add chopped garlic, lemon, pitted olives, shishito peppers and white wines
Turn the loin of lamb over add diced tomatoes, fetta cheese, butter cube, pine-nuts, and cooked in oven or grill for 8-10 minutes.
Remove from heat sprinkled with chopped parsley and crush dried Greek oregano on top before serving.



Special thanks to our stallholders for providing product for Cheong Liew to create this special dish!

Najobe
Alexandrina Cheese Company
Village Greens of Willunga Creek
Herbivorous
Gina's Kitchen & Field Berries
The Farm Willunga
Fleurieu Garlic
Sabella Vineyards

Cheong Liew, February 2020