

Valentino's

RISTORANTE
ITALIANO

Barbecued Spring Lamb over Mixed Vegetable Cous Cous

Serves 4 people

Ingredients for the lamb marinade:

800g spring lamb leg
2 small glasses good Italian red wine (in the restaurant we use 'Tormaresca Neprica Puglia' - the rest of the bottle should be served with this meal to bring the best out of this dish
2 sprigs thyme (torn)
2 sprigs rosemary (torn)
1 sprig fresh mint (torn)
Zest from half an orange
Full bulb of garlic (smashed and bruised to release flavour)
2 tablespoons of runny honey
Salt and pepper (good couple pinches to season)

Method for the lamb marinade:

Okay then guys in layman's terms if eating this meal in the afternoon or evening, it will be best to marinate all these ingredients as early as possible to allow the flavours to develop into the meat.

Simply put all the ingredients into a big mixing bowl, cover and prepare as described then leave in the fridge as long as possible so we would advise doing this early in the morning.

Next step... time to master fresh homemade cous cous.

Ingredients for cous cous:

1 small cup of cous cous per person (therefore 4 for this recipe)
Juice from 1 lime
1 clove of fresh garlic (fine chopped)
1 red pepper (finely diced)
1 red onion (finely diced)
A small handful of green beans (finely diced)

valentinoswakefield.com

*699 Leeds Road, Lofthouse Gate, Wakefield, WF3 3HJ
Tel: 01924 210 310 Email: info@valentinoswakefield.com*

Valentino's

RISTORANTE
ITALIANO

50g Pettit pois (frozen are fine)
Good glug olive oil
2 pints of good chicken stock
Salt and pepper to season

Method for cous cous:

After the meat has been allowed to take in all the wonderful flavours of the marinade, it is time to put the meat evenly on pre soaked wooded skewers to form nice lamb kebabs. Drizzle with a little olive oil and leave to one side on a plate and then get cracking with the cous cous.

Put in a little olive oil in a deep saucepan and sweat off all the vegetables until soft to release their natural sweetness. Add the cous cous, lime juice and chicken stock then bring to a simmer. As soon as this happens take off the heat and place cling film over the top of the pan. Leave to one side.

Next step.... Time to get grilling!

Place the skewers on a pre heated barbecue or grill cooking on all four sides for 2 minutes each side (cooking to these guidelines, the meat will still be nice and pink in the middle). When the meat has been cooked to your liking, leave to rest and finish the cous cous by giving it a loving drizzle of extra virgin olive oil and fluffing it up with a fork.

Serve with mixed green veg, exceptional this time of year, and enjoy outdoors in this fine British weather with good friends!

valentinoswakefield.com

*699 Leeds Road, Lofthouse Gate, Wakefield, WF3 3HJ
Tel: 01924 210 310 Email: info@valentinoswakefield.com*