

SPICED LAMB CUTLET WITH
GOAN CURRY & CRISPY SHALLOTS

Gary Parsons, *H&B Executive Chef*

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the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
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an absolute dedication to honest, authentic, remarkable food.

SPICED LAMB CUTLET WITH GOAN CURRY & CRISPY SHALLOTS

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Ingredients

SERVES 1

HS738 Harvey and Brockless Kitchen Goan Curry	120ml
IN337 Blackthorn Sea Salt	2g
DA105 Dell'ami Arbequnia Olive Oil	20ml
Lamb Cutlets	3 cutlets
Chilli Powder	1 tsp
Garlic, minced	1 clove
Ginger, minced	0.5g
Tomate paste	0.5 tsp
Garam Masala	0.5 tsp
Turmeric	0.5 tsp
Bananna Shallots	8 shallots
Cherry Tomatoes	3 tomatoes
Cracked Pepper	2g



SPICED LAMB CUTLET

with Harvey & Brockless Kitchen Goan Curry Sauce and Crispy Shallots

Method

1. For the Lamb cutlets two marinades are needed, so start with the first marinade, this is a mix of half a tea spoon of chilli powder with the minced garlic, ginger and oil. Rub this mixture over the lamb cutlets and leave for two hours in the fridge.
2. Once the two hours are up, Start with the 2nd marinade. Mix the tomato paste with half a tea spoon of chilli powder, garam masala and turmeric, when mixed together, a paste will be formed. Add oil to the paste, then rub the paste over the cutlets and leave for another two hours to marinade.
3. Pre heat the oven at 175 degrees. Cut the cherry tomatoes in half, place in a bowl, drizzle with oil and season. Lay the cherry tomatoes onto a lined baking tray and roast for 10 to 15 minutes.
4. Cut the banana shallot in half and remove the skin. Thinly slice the shallots vertically. Heat oil in a frying pan. Add shallots and fry until crispy, which crispy and golden, place onto kitchen paper to drain excess oil.
5. Gently warm the Goan Curry sauce in a sauce pan. Pan fry the lamb cutlets in frying pan over medium to high heat. Fry for 2 minutes each side, depending on the thickness.
6. Once the Goan curry sauce is hot, spoon the sauce into a warm bowl, add the lamb cutlets and arrange the cherry tomatoes and place the crispy shallots on top of the lamb.

Blackthorn Sea Salt

Made with wind, sea and thorns on the West Coast of Scotland, Blackthorn Salt is the ultimate transformative ingredient for today's kitchen. Poignant and bittersweet, with a taste echoing sea, Blackthorn Salt adds a rolling moreishness to any meal.

Harvey and Brockless Kitchen Goan Curry Sauce

A light, fruity and tomato based traditional Indian curry sauce from Goa. Gentle curry flavours with a kick of warming spice coming through at the end.

Dell'ami Arbequina Olive Oil

Sourced from the sunny valleys of Córdoba in Andalucía, early harvest Arbequina olives give this oil glorious flavours of green apple, artichoke and creamy avocado.
