

Lamb loin with crab apple and Colombo of spices, creamy butternut squash, candied apple |

Recipe for 4 servings

Description

Lamb loin with Colombo spices served rosé, mashed squash and half an apple candied in the oven.

Note

The Colombo spice blend originates from the West Indies. Do not hesitate to use it everywhere, it will bring a touch of color and flavor to your dishes.

Ingredients

Apple

- 2 Unit(s) Cortland apple
- 40 Gr Butter
- 2 Sprig(s) Thyme
- Butter
- Salt and pepper

Squash

- 500 Gr Butternut squash
- 2 Unit(s) Garlic
- 1 Unit(s) White onion
- 300 Ml Milk
- Butter
- Salt and pepper

Lamb

- 500 Gr Lamb loin
- 5 Ml Cumin seeds
- 5 Ml Ground coriander
- 3 Ml Nutmeg
- 5 Ml Fennel seeds
- 5 Ml Mustard seeds
- 10 Ml Curcuma
- 3 Ml Cloves
- Butter
- Salt and pepper

Sauce

- 50 Ml Apple jelly
- 250 Ml Veal demi-glace
- Butter
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preperation

Chop the garlic and the thyme. Chop the onion. Trim the lamb loins. Cut the apples in half and, using a melon baller, remove the core.

Colombo

Roast the whole spices in a hot pan. Pass everything through a mortar and pestle, add the nutmeg, turmeric and coriander.

Squash

Add butter in a pot, sweat and lightly brown the squash, onion and garlic. Add the milk to it, cover and cook with a lid. Check that the squash is very well cooked before blending. Adjust the seasoning.

Apple

Place your apple halves in a baking dish. Place a cube of butter and thyme in the center of each apple. Season with salt and pepper before covering with aluminum foil. Bake 30 minutes at 400°F. Leave to rest for a few minutes before serving.

Lamb and sauce

Season the loins with salt and Colombo. Melt the butter in a frying pan and when the butter begins to turn hazelnut, place the loins in it. Watch the butter so it doesn't burn. Cook until the meat is nicely browned and finish cooking in the oven if necessary (52°C before resting). Deglaze the pan with the crabapple jelly and add the demi-glace to complete the sauce.

Bon appétit!