

## Yorkshire Moorland Heather Honey Glazed Lamb Brochette tarragon mashed potato and caramelised onions

Serves 2

### Ingredients

400g diced Yorkshire lamb leg  
1 red pepper  
1 green pepper  
1 red onion  
2 bamboo skewers  
50g Moorland heather honey  
40g fresh tarragon  
3 big jacket potatoes  
100g butter  
20ml cream  
1 large white onion  
50g sugar  
60ml reduced beef stock  
80g mange tout beans

### Method

Cut the peppers into 4 and deseed, then cut the quarters into 4 again, repeat this process for the red onion, keep both peppers and red onion separate.

Using the bamboo skewers start the brochette by placing one piece of either coloured pepper, follow by one piece of diced lamb then a piece of onion and restart the process from the peppers until the brochette is  $\frac{3}{4}$  full leaving a small end to ease the handling during the cooking.

Reserve in the fridge.

NB: this process can be done the day before.

Peel the jacket potato and cut into 4 big pieces, place in a sauce pan and top up with water, add a pinch of salt and bring to the boil and leave to cook for 10-15 minutes.

To check if the potatoes are cooked just prick them with a small kitchen knife, the blade should go through without any resistance.

Drain the potatoes and mash straight away, once mashed, add the cream, the chopped fresh tarragon and 30g of the butter mix well, season to taste and reserve to one side.

Peel the white onion, cut in half and finely slice.

In a sauce pan melt 30g of butter, add the sliced onion and the sugar and cook on high heat for 5 minutes whilst stirring all the time, reduce the gas to low heat and cook for another 15 minutes or until the onions are golden brown, season to taste then reserve to one side.

NB: it is important to keep stirring the onions at all times so the sugar doesn't burn and give your onion a bitter taste.

### Final touches

Preheat the oven to 180°C

In a frying pan melt 20g of butter and heat through, put in the brochettes and colour on all sides before placing in the oven, cook for 5 minutes, remove from the oven and pour the heather honey over the top of the brochettes replace in the oven for another 5 minutes.

NB: you can leave the brochettes for longer or less time depending on how you like your meat cooked.

In another frying pan melt the last 20g of butter and pan fry the mange tout season to taste.

Warm the reduced beef stock in a sauce pan.

**To assemble the dish**

On two main course size plates, place the mashed potato in a metal ring, the sautéed mange tout next to the mash; position the brochette over the mange tout and the caramelised onion over the mash, finish with the beef jus  
Enjoy!!!