



## Lamb Culets With Red Currant Jus

### Ingredients

8 French lamb cutlets  
1 teaspoon olive oil  
4 tablespoons redcurrant jelly  
1 teaspoon garlic, crushed  
5 Tablespoons beef stock  
salt & pepper

### Directions

Pre-heat Le creuset, Mauvel everyday pan over a medium heat for 5-7 minutes.

Brush one side of the lamb cutlets with olive oil and season with salt & pepper.  
Place in the pan oil side down.

Cook for 3-4 minutes or until a rich brown colour, turn over and continue to cook for a further 1-2 minutes.

Remove lamb from pan and keep warm.

Replace the pan over the medium heat, deglaze using the beef stock, scraping the "fond" (brown bits) off the bottom.

Transfer beef stock with the fond to a chef's pan (designed to make sauces).

Stir in the garlic and redcurrant jelly, bring to the boil and reduce to a sauce consistency.

Match with the season's hottest vegetables - Zucchini, snow peas, baby carrots, asparagus and roasted cherry tomatoes.

Arrange on four warmed serving plates the cooked lamb cutlets to one side of the vegetables and spoon the sauce around them. Easy!