

RECIPE

Cannon of Lamb

Ingredients

- 200g lamb cannon
- 1 sprig rosemary
- ½ garlic bulb
- 20g butter
- 1 tbsp olive oil
- 100g lamb belly bacon
- 1 brown onion, diced
- 4 tbsp yoghurt, hung
- Handful bronze fennel
- Iceberg lettuce cup
- Juice of 1 lemon



Method

1. Over medium heat, add your oil, and lamb and seal the first side while seasoning generously.
2. As you turn the lamb add in your butter, garlic and herbs and cook until pink.
3. While the lamb is resting, in the same pan add your lamb bacon and onion and sauté until nicely golden, then remove the lamb and cool. Add lemon juice to bacon in a pan.
4. Place your lettuce cup on the plate and fill with your hung yoghurt, top with your bacon mix and garnish with fennel.