



LAMB PICCATA

A classic piccata is usually done with veal, but lamb works like a charm. This is such a big flavour result for minimal effort, and it all comes together in just a few minutes. Italian fare at its finest! Serve with your choice of sides or a simple leafy salad.

INGREDIENTS: (SERVES 4)

4 x lamb steaks or leg/chump chops
salt & pepper
60 ml (4 tablespoons) flour
30 ml (2 tablespoons) olive oil
80 ml (1/3 cup) dry white wine (or dry sherry)
250 ml (1 cup) chicken stock
45 ml (3 tablespoons) butter
30 ml (2 tablespoons) capers (preferably baby)
zest and juice of a lemon (plus extra, to serve)
a handful Italian parsley, finely chopped

METHOD:

If your steak/chops has a small bone in, remove it with a sharp knife. Place the meat on a steady wooden board, between two sheets of plastic or non-stick paper, then pound it with a flat meat hammer or rolling pin to an even thickness of about 5mm. Remove the plastic/paper and season with salt & pepper on both sides. Place the flour in a wide bowl, then dredge the meat on both sides, shaking off excess flour. Heat the oil in a wide, non-stick pan over medium heat, then fry the dredged meat on both sides until just cooked - about 3-4 minutes a side (work in batches if needed). Remove the meat from the pan and keep covered on a plate, then return the pan to the heat and add the wine to deglaze the pan. Add the stock, stirring, and bring to a simmer. Cook for about 3-5 minutes over medium-high heat, reducing the liquid by about a third, then add the capers, lemon zest and juice, stirring. Add the butter, then remove from the heat and stir until melted. Add the parsley and stir - the sauce should just coat the back of a spoon. Return the meat to the pan, and use a spoon to cover it all over with the sauce. Serve warm.