



Lorn Larder

Apricot stuffed lamb chop
served with a dark cheese sauce



Ingredients:

1 lamb chump chop
25g/1oz apricots, chopped
1 tbsp diced Blacksticks blue cheese (or any soft, blue veined cheese)
1 tsp olive oil
For the sauce
2 tbsp red wine
1 tbsp butter
1 tbsp crumbled Blacksticks blue cheese (or any soft, blue veined cheese)
85ml/3fl oz hot vegetable or chicken stock

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Slice the lamb chop horizontally to form a pocket. Stuff the apricots inside the pocket, then poke in the cheese. Use a cocktail stick to secure the pocket.
3. Heat the olive oil in a pan over a medium heat and fry the stuffed lamb for three minutes on each side. Remove from the pan and transfer to a baking tray. Place in the oven to finish cooking for 5-7 minutes.
4. Meanwhile make the sauce. Return the lamb chop pan to the heat and de-glaze by pouring in the wine and scraping all the juices off the bottom. Add most of the butter and whisk until smooth and glossy.
5. Add the crumbled cheese, then the stock. Cook for a further 3-4 minutes, to reduce. Add the remaining butter to finish the sauce.
6. Serve the lamb chop with the sauce poured over it.

