

Mary's Lamb Cutlets with Apricot Barbecue Glaze

Tastes Like Home with Catherine Fulvio

Lamb Cutlets and Apricot Barbecue glaze

Ingredients

Lamb Cutlets - allow 2 cutlets per person
1 tin apricots (remove juice "strained")
2 tablespoons dark brown sugar
2 tablespoons Worcestershire sauce
2 tablespoons light soy sauce
1 teaspoon grated fresh ginger
1 teaspoon ginger powder
Four drops of tabasco sauce
2 tablespoons tomato purée
1 clove garlic
freshly ground black pepper

Method

Whizz the apricots, sugar, Worcestershire sauce, soy sauce, grated ginger, powdered ginger, tabasco, tomato puree, garlic and paper in processor to a purée and the glaze is ready.

Arrange lamb cutlets in a shallow dish. Pour the glaze over them, turning the cutlets so that each cutlet gets a good coating.

Then cover, leave in cool place until time to cook. The cutlets need 6 mins each side on the barbecue if you like them rare or if using the induction pan, seal in the juices of each side of the cutlets first. Then transfer to a baking tray. Arrange all cutlets with glaze on to the tray. Cover with tinfoil. Bake in over at 200 degrees for 15 mins. Turn off oven, leave to rest, while you make the roast veg & couscous.

Roast Vegetables with Couscous

Chop up quantity of mixed Veg that you like, e.g. aubergines, courgettes, cherry tomatoes, mushroom, garlic, red onion, fennel, drizzle with olive oil, season with herbs. Bake in oven at 200 degrees for 30 mins – keep turning them.

Dressing for Couscous Salad

120 ml of extra virgin olive oil
cayenne pepper – 1 teaspoon
ground cumin – 2 tablespoons
lime juice – 4 tablespoons
2 tablespoons tomato purée
Whisk all ingredients together in a bowl. Pour into serving Jug.

Couscous

300 g medium couscous
500ml of vegetable stock
120 g of firm goats cheese
salt & pepper

Method

Place couscous into heatproof bowl. Then pour the boiling stock over it, add seasoning.

Cover and leave for 5 mins by which time it will have absorbed the stock and softened. Meanwhile, cut the cheese into cube size pieces.

To serve this dish, place the couscous into a large heatproof serving bowl.

Gently add the cheese into the couscous with a fork.

Arrange the roasted vegetables on top.

Next, arrange the salad leaves high on top of the roasted vegetables.

At the end, drizzle the dressing on top followed by a sprinkling of fresh herbs.

Hand the rest of the dressing around separately.