

Sous vide Scotch Lamb fillet with raisin and shallot stuffing

Ingredients

- 2 Lamb PGI neck fillets (total weight 500g) trimmed of excess fat and any sinew
- 2 anchovy fillets pulverised in a mortar and pestle with
- 1 clove of garlic, chopped
- 100 g raisins
- Finely grated rind and juice of 1 orange
- 3 tbsp fresh breadcrumbs
- 3 tbsp chopped parsley
- 25 g unsalted butter
- 2 shallots, finely chopped
- 2 tbsp chopped walnuts (or hazelnuts)
- 1 Beaten egg

FOR THE ORANGE JUS

- A knob of butter
- 1 dessertspoon light olive oil
- Juice of an orange

