

# Sous vide Scotch Lamb fillet with raisin and shallot stuffing

Serves  
4

Prep Time  
30 minutes

Cooking Time  
1 hour 40 minutes  
(including browning)



## 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

## Cooking Method

- 1 - Put the raisins in a small bowl to soak with the orange juice and rind.
- 2 - Make a paste with the garlic and anchovy fillets.
- 3 - Tip the breadcrumbs and parsley into a mixing bowl.
- 4 - Melt the butter in a shallow pan and soften the shallots for about 8-10 minutes over a low heat, add the nuts and some freshly ground black pepper (shouldn't need salt, the anchovies will take care of that), then add to the crumbs and mix well. Add the raisins and juice and rind, mix together the stir in the egg, or some of it, to bind the stuffing.
- 5 - Make some very shallow slashes on the outside surfaces of the lamb and rub the anchovy paste into the cuts and all over the meat. Divide the stuffing mixture between the two lamb pockets and secure closed with cocktail sticks before tying with butchers string, every 2-3 cm in order to contain all the stuffing, into two neat, long rolls.
- 6 - Seal both pieces of lamb, as far apart as possible, in a large, new sous vide bag, exclude all air, seal, and cook at 60°C for 1 1/2 hrs
- 7 - Remove the stuffed lamb rolls from the bag (reserve any cooking juices), pat well dry with kitchen paper and brown them evenly in some hot melted butter and oil in a large sauté pan for a couple of minutes, turning the meat as you go. Trim the skinny ends from the fillets (cooks perks!). Cover and keep warm while you make the jus.
- 8 - Add any meat juices to the pan with the orange juice and bubble till syrupy. Check the seasoning.
- 9 - Cut each fillet of lamb into 8 thick slice, divide between 4 warm dinner plates, cut side up, and spoon the orange jus over the sliced lamb, and serve with a jumble of bright green spring beans and peas.

