Lamb & feta... *a perfect match*

The Swan in Little Totham has given us this recipe –
it's one of landlord Phil Cornell's favourite dishes.
Feta adds a tangy flavour that really works with the sweet
lamb and juicy tomatoes in this delicious autumn recipe.
If you don't have time to cook it yourself you may be lucky
enough to find it on the menu at The Swan.

Lamb rump with crushed new potatoes, roasted tomatoes and feta

Serves 2

Ingredients

1 banana shallot
10-12 cherry tomatoes
4 garlic cloves, crushed
Half of a feta cheese block cut
into 1cm cubes
Pinch of sea salt
Pinch ground black pepper
Small handful chopped parsley
Small handful chopped basil
2 lamb rumps each approx 180g
8-10 new potatoes

Method

1. Pre heat oven to 180°C.

2. Bring a medium saucepan of salted water to the boil.

3. Add potatoes and cook for 12-15 minutes until tender.

4. Drain potatoes, then with the back of a fork crush the potatoes.

5. Finely dice the shallot, cut the tomatoes in half and add to a hot frying pan to sauté for a few minutes.

6. Add a knob of butter, garlic and seasoning, once sautéed set aside.

7. To cook the lamb remove from the fridge and pat dry with a paper towel.

8. Leave to reach room temperature.

9. Season to taste.

10. Score the fat side of the lamb in a cross direction.

11. Heat a heavy based non stick pan until very hot then add 2-3 tablespoons of vegetable oil and cook skin side down. Seal all the other sides until evenly brown.

12. Place in a roasting tray and into the oven for around 8-10 minutes for a medium rare finish.

13. 5 minutes before the lamb is due to come out of the oven, place crushed new potatoes and sautéed ingredients in an ovenproof dish in oven to warm through.

14. Take the lamb out of the oven and leave to rest for at least 5 minutes before serving.

15. Add the feta and herbs to the potatoes once out of the oven and mix together.

16. Plate up and enjoy.

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