



Lamb with Spiced Redcurrant Sauce

Serves 4 INTERMEDIATE



Ingredients

- 2 tsp Cumin Ground
- 2 tsp Coriander Ground
- 2 tsp Cinnamon Ground
- 2 tsp Paprika
- 2 tsp Ground Black Pepper
- 200 ml (7 fl oz) red wine
- 50 g (2 oz) sugar
- 200 g (7 oz) redcurrants
- 8 x 100 g (4 oz) lamb chump chops, trimmed

Method

STEP 1

Mix the spices together and place half the mixture in a saucepan with the wine and sugar. Rinse the redcurrants, reserving a few sprigs for garnish, and add the rest to the saucepan. Bring the mixture to the boil and simmer for 15 minutes.

STEP 2

Rub the reserved spices over the lamb chump chops, season well with salt and grill them for 6 minutes, turning once. Serve the lamb with French beans, buttered new potatoes, tossed with chives, and the reserved redcurrants.

STEP 3

Pour over the redcurrent sauce or serve separately.