

# Roasted Lamb Sirloin

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

*Swick*

## Preparing the Lamb Sirloin

To prepare the lamb, first trim off any silver skin (see related drill-down on cleaning pork tenderloin). Once done, place the sirloin onto a cooling rack and temper the meat for about 30 minutes at room temperature. This will help the meat cook quicker and more evenly.

### Step 1: Preparing the Lamb Sirloin

- three 5 oz lamb sirloins

## Pan Frying and Roasting the Lamb

Preheat the oven to 325° degrees Fahrenheit (160° C). Pat the lamb dry with paper towels and then coat with a thin layer of oil. Season with salt and pepper.

Next, preheat an oven-proof, stainless-steel pan over medium- to medium-high heat. Once the pan is heated, add the oil and then place the lamb presentation-side down. Let it cook for about 2 or 3 minutes, until the underside is golden. Then flip and cook for another minute or so on the other side.

Transfer to the oven for approximately 10 to 15 minutes. Ultimately, this will depend on size of the sirloin and how you like your lamb cooked. Lamb sirloin is quite lean, so it is best served medium-rare.

### Step 2: Pan Frying and Roasting the Lamb

- grapeseed oil
- kosher salt (to taste)
- freshly ground black pepper (to taste)

## Preparing Your Mise en Place

While the lamb is cooking, prepare the ingredients for the sauce. Mince the shallots and measure out the red wine, stock and juniper berries. To release more of the aroma from the juniper berries, lightly crush them using the back of your knife.

### **Step 3: Preparing Your Mise en Place**

- 1 medium shallot
- 1/2 cup full-bodied red wine
- 1 cup demi glace (or reduced, dark chicken stock)
- 6 to 8 juniper berries (optional)

### **Checking the Lamb**

When removing the lamb from the oven, remember that the handle will be extremely hot. Make sure to place an oven mitt or cloth over the handle and leave it there to remind yourself.

From the side of the sirloin, insert a thermometer into the lamb so it reaches the middle. For medium-rare, the temperature should read 120°F (about 50°C). The lamb will continue to cook a bit as it rests, due to the carry over cooking.

Transfer the lamb to a cooling rack and tent with foil. While the lamb is resting, you can start the sauce.

### **Step 4: Checking the Lamb**

### **Making the Sauce**

To make the sauce, place the pan over medium heat. Just remember that the handle will still be very hot. If there isn't much oil in the pan, add a bit, followed by the shallots. Scrape the bottom of the pan to incorporate the sucs. Once the shallots are soft and translucent, add the red wine and scrape the bottom to release any more sucs. Bring the wine to a simmer and let reduce until almost all of it has evaporated. Add the stock, stir to combine and then add the juniper berries. Bring the sauce to a simmer and let reduce again until you reach a sauce-like consistency. Then turn the heat to low and slowly stir in the cold butter. Taste for seasoning.

If you like, you can strain the sauce for a nice, smooth finish. Strain the sauce into a pot so you can reheat it, if necessary, just before serving.

### **Step 5: Making the Sauce**

- kosher salt (to taste)
- freshly ground black pepper (to taste)
- 2 to 3 tsp cold, unsalted butter

## **Slicing and Serving the Lamb**

Once the lamb has rested, slice it across the grain into 1/4" -inch thick pieces. Place onto the plate and fan the pieces slightly to expose the beautiful pink color inside.

Make sure the sauce is hot. Spoon it over the bottom half of the lamb. Serve immediately with some Roasted Fingerling Potatoes.

## **Step 6: Slicing and Serving the Lamb**