



RECIPES CREATED FOR THE AFTERNOON SHOW ON BBC RADIO OXFORD 95.2FM

Lamb Steaks with a Tomato and Mint Salsa

Ingredients

6 Lamb Steaks approx. 150g/175g in weight

Salsa

6 ripe plum or vine tomatoes
Small bunch of fresh mint, roughly chopped
Good pinch of caster sugar
Bunch of spring onions, thinly sliced
2 garlic cloves, crushed
1 tbsp extra-virgin olive oil
2 tsp balsamic vinegar

Cold Pressed Rapeseed oil for cooking



A good butcher should be able to provide you with a great lamb steak – the rump is a great cut, very tender and best fried, grilled or cooked on the BBQ.

Method

If you like to season your meat then salt and pepper it to taste and allow to rest until ready to cook.

A few hours before you want to eat, make the salsa. Cut the tomatoes in half, scoop out the seeds and discard. Roughly dice the flesh and put into a bowl. Roughly chop the mint leaves and add to the tomatoes. Sprinkle with the sugar, then add the onions, garlic, olive oil and balsamic vinegar. Toss well, and set aside to let the flavours develop.

When ready cook the meat as you prefer. The thicker the meat the more time required to cook.

Fry – put a little oil in a hot frying pan. Cook each side for 3-4 minutes or as long as needed to get an even golden brown colour on the meat.

Grill again for 3-4 minutes on each side, or as long as needed to get the colour you want on the meat.

BBQ – cook as per your preference. Do not allow to burn or become carbonised as the flavour of the meat will be lost.

Other information

Serves 4-6

Preparation time – 20 minutes

Cooking time – 10 minutes