



Leg of Lamb Steaks with Cherry Compote

SERVES: 4

PREP TIME: 25 MINUTES

COOK TIME: 6 TO 8 HOURS



Ingredients

- 4 Leg of Lamb Steaks
- 3 large garlic cloves, chopped
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- 2 teaspoons dry oregano
- 2 teaspoons coriander
- Salt and pepper to taste

Shallot & Cherry Compote

- 1 tablespoon of olive oil
- 2 tablespoons of butter (reserve 1 tablespoon to finish the sauce)
- 1 large shallot, thinly sliced
- 1 cup large, dried or fresh cherries, sliced or left whole
- 2 tablespoons honey
- ½ cup cherry preserves
- ¼ cup apple cider vinegar
- Salt and pepper to taste

Preparation

1. Fill and preheat your sous vide water bath to 132F (55C).
2. In a bowl, combine the garlic, rosemary, thyme, oregano and coriander spices and season the lamb thoroughly.
3. Place the Lamb steaks into a large gallon size pouch and vacuum seal.
4. Submerge pouch completely into the water bath and cook for 6 to 8 hours.

Cherry Compote: In a sauce pan, heat the olive oil, butter and sauté the shallots for 3 to 5 minutes. Add cherries, honey, preserves, cider vinegar and a pinch of salt and cook over moderate heat, stirring often, until thickened, about 10 minutes. Add remaining tablespoon of butter to finish sauce.

To Finish: Remove Lamb and lightly pat dry with a paper towel.

Option: In a skillet over high heat, add a little olive oil or butter and sear the lamb steaks for 15 seconds per side and allow to rest for about 10 minutes. Top with cherry compote and serve with your favorite sides.