

Today at school I cooked:

Orford Butcher's Spring Lamb Chops with Honey Dipping Sauce, Baton Carrots, Croquette Potatoes, Chocolate Roulade

Lamb Chop with Honey Dipping Sauce

1 Chop per person - Grill or bake for about 20 mins until cooked through and crispy on the outside.

To make the dipping sauce, gently simmer in a saucepan 1/2 cup honey, 1/4 cup orange juice, 2 tsp olive oil, 1tsp orange zest. Serve in small dishes next to lamb chop if you have them, egg cups are always good, or spoon over chop.

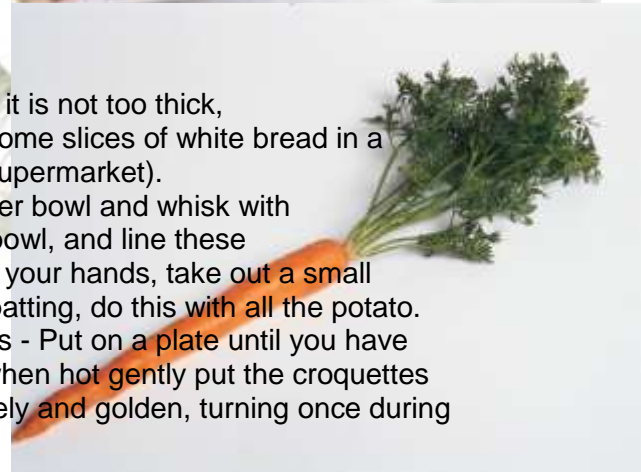


Baton Carrots

2 medium carrots per person, peel then chop in to neat batons - Cook for 10 minutes, drain. Put a small knob of butter and chopped parsley to garnish if desired.

Croquette Potatoes (a bit of a fiddle, but worth it!)

You need a quantity of mashed potato, mashed with milk so it is not too thick, but not too thin!! Leave until cool enough to handle. Put some slices of white bread in a magimix (or you can buy ready made breadcrumbs from a supermarket). Put the breadcrumbs in a bowl, and break 2 eggs into another bowl and whisk with a fork (if you need more add later). Put some flour into a bowl, and line these 3 bowls up on the worktop, flour, egg, breadcrumbs. Using your hands, take out a small handful of potato and shape into a croquette by rolling and patting, do this with all the potato. Then roll into flour, then coat with egg and then breadcrumbs - Put on a plate until you have finished them all. Heat olive oil in a large roasting tin and when hot gently put the croquettes into this and bake in oven 190C for around 20 mins until lovely and golden, turning once during cooking.



Chocolate Roulade - Serves 6

6 eggs, separated
150ml/1/4pt whipping/double cream
225g/8oz caster sugar
sifted icing sugar
1/4 tsp vanilla essence
raspberries if liked
50g/2oz cocoa powder

Whisk the egg yolks with the vanilla essence and sugar, until creamy. Sieve and fold in the cocoa powder. Whisk egg whites until stiff, and fold into the egg yolk mixture. Line a tin 12x8 inches with greaseproof paper, and pour in the mixture. Bake in a pre-heated oven 190C/Gas 5 for 20 mins. Turn out onto a damp tea-towel, strip off the paper and cool. When cool, whip the cream until thick and stir in the raspberries if you have them, and spread over the roulade, right to the edges. Use the tea-towel to help you roll it up. Place the roulade on a serving dish and decorate with sifted icing sugar. Serve, with extra raspberries if you want!!

