

food

scene

ONE **i**rish
for the

St Patrick's Day is a great day for the Irish ... and the Welsh, and the Scottish, since no-one's actually sure where the snake-tamer was born! Local chef IAN GARNER (TopSail) adds a colourful twist to two traditional Irish dishes that go well together - Uaineoil Faoi Chrusta (crusty Roast Lamb) and Colcannon (cabbage and potato).

INGREDIENTS

- Lamb rack – 1 per person.
- Uraneka potatoes – 150gm per person.
- 1 small green cabbage.
- 1 slice white bread per rack (into crumbs).
- Chopped parsley and mint.
- 1 tsp mustard.

In my view, Omak Meats have the best quality lamb, ready trimmed.

Uraneka potatoes are available at the Saturday Farmers Market from the people who grow the more common Maori potato, the peruperu. They always have a few uraneka potatoes, small and deliciously purple inside and out.

THE LAMB

- Season the rack with salt and pepper. Place into a hot, lightly-oiled pan on top of the stove. Give it a dark brown colour on both sides.
- Brush the top of the browned rack with the teaspoon of mustard, then press on the crumbs, mixed with chopped herbs. Lightly sprinkle with oil, then place into a 200°C oven for 10 minutes (for medium-rare).
- Remove to a plate and rest. Put pan back on stove, add ¼ cup liquid per person.

- This liquid can be stock, water, wine or any combo you prefer.
- Add 1 tsp Bisto powder. Boil and reduce this to gravy consistency. Add any juices from the rested meat.

THE COLCANNON

- Boil the uraneka potatoes whole in their skins until well cooked.
- Drain and cool a little, then squeeze each one to crush and take out any big bits of skin.

- From the cabbage remove one whole leaf per person. Blanch this into boiling water for 1 minute, then refresh under cold water.
- Slice raw cabbage finely – 1/2 cup per person.
- Sauté the cabbage with a little oil or butter. Add the crushed uraneka. Season with salt and pepper.
- Cool this a little, then form into rough balls, put one on each cabbage leaf, roll tight. This is ready to heat when you are making the lamb gravy, 2 minutes in the microwave.



Photo: Bryce Zhang

UAINEOIL FAOI CHRUSTA & COLCANNON

SERVING TIPS

- As always, the joy of eating begins with getting the visuals right.
- Show off all aspects of the dish when plating.
- Slicing the rack not only shows off your culinary skills, it gives colour and makes for much easier eating.
- Cutting the cabbage leaf to reveal the fabulous colour inside will make you feel like a real clever Paddy!
- Serve with a finger bowl
- Perfect with an Irish Pinot Noir! ■

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