



SAUTÉED CHINESE PEPPER-CRUSTED LAMB WITH BOK CHOY

The peppercorns used here are the Chinese Sichuan ones. They have a little sweetness in them that I find very appealing. This simple dish lets the lamb do its own thing, the pepper adding that little bite.



Pairs well with McWilliams Hanwood Estate® Shiraz

Serves Four

- Four 5.5 oz boneless loins of lamb
- 1 tablespoon Sichuan peppercorns
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 8 baby bok choy or Chinese broccoli, washed and quartered with the

leaves removed and retained

- 2 tablespoons oyster sauce (available in good grocery stores)
- 1 tablespoon soy sauce
- 1/2 teaspoon flaked dried red chili
- 2 tablespoons beef stock or water
- 3 1/2 oz snow pea sprouts (or mung bean sprouts)

Trim the lamb if necessary - it is crucial that all the 'silver' be removed in order to prevent the meat from distorting during cooking. Crush the Sichuan peppercorns in a mortar and pestle with the salt, then sprinkle it over the lamb loins. Pat it into the lamb and leave to sit while the oil heats.

In a large pan, heat the oil until very hot, then add the lamb. Do not prod or disturb the meat for 1 minute, then turn and cook undisturbed for another minute. Turn the heat down to medium and cook the meat until done. I prefer this cut of meat cooked to medium, which will take about 3-4 minutes each side. Lift out and allow to sit for 5 minutes.

Reheat the same pan and add the stem part of the bok choy (or Chinese broccoli). Tip in the oyster and soy sauces and add the chili flakes and a little stock or water to help with the cooking. When the stems are near done (they should still have some crunch), add

the sprouts and the bok choy (or Chinese broccoli) leaves and toss around in the pan. Remove from the heat almost immediately, as the greens will still cook as you slice the meat.

Slice the meat on the diagonal and across the grain so as to get some longish strips. Spoon the greens onto the centre of the plates and top with slices of the lamb. Spoon over the sauce from the greens and serve with cooked noodles of your choice.

Recipe courtesy of Peter Howard

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