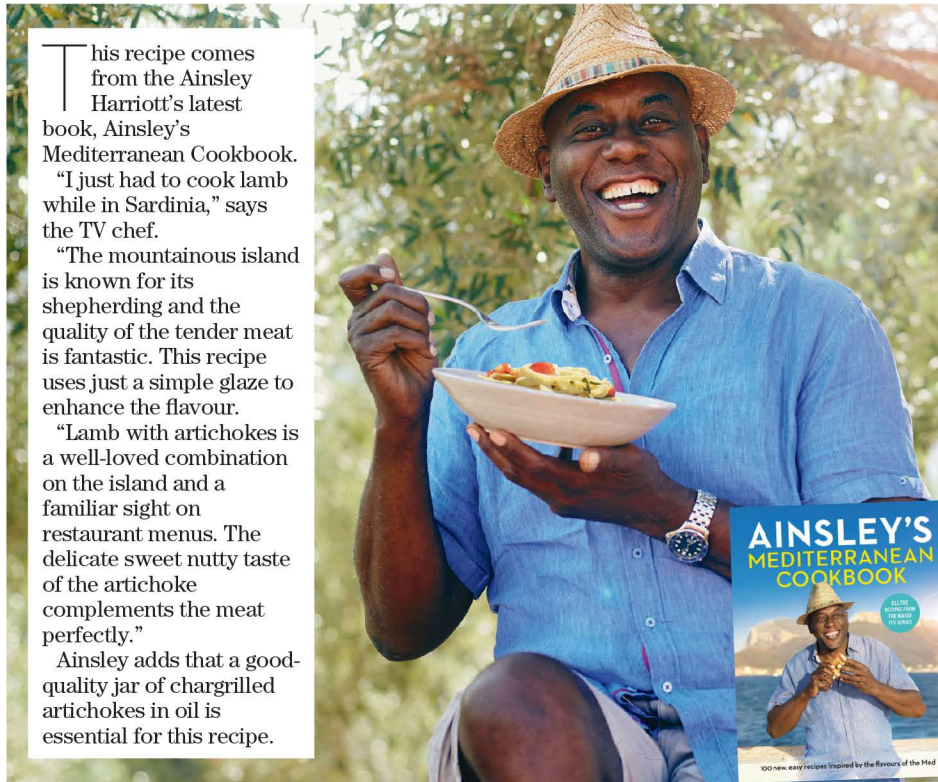


Ainsley's lamb steaks with artichokes, rosemary and honey



This recipe comes from the Ainsley Harriott's latest book, Ainsley's Mediterranean Cookbook.

"I just had to cook lamb while in Sardinia," says the TV chef.

"The mountainous island is known for its shepherding and the quality of the tender meat is fantastic. This recipe uses just a simple glaze to enhance the flavour.

"Lamb with artichokes is a well-loved combination on the island and a familiar sight on restaurant menus. The delicate sweet nutty taste of the artichoke complements the meat perfectly."

Ainsley adds that a good-quality jar of chargrilled artichokes in oil is essential for this recipe.

LAMB STEAKS WITH ARTICHOKE, ROSEMARY AND HONEY

Ingredients (serves 4)

- 2 garlic cloves, grated
- 2tsp chopped rosemary leaves, plus extra to garnish
- 3tbsp balsamic vinegar
- 4tbsp extra-virgin olive oil
- 1 lemon: zest and juice of half; plus half reserved for squeezing
- 4 lamb leg steaks
- 1tbsp honey (thyme honey if you can get it)
- 6-8 artichoke hearts from a jar, drained and halved
- A drizzle of olive oil, for frying
- 400g cabbage, such as Savoy or cavolo nero, finely shredded
- Sea salt and freshly ground black pepper

■ Ainsley's Mediterranean Cookbook by Ainsley Harriott, photography by Dan Jones, is published by Ebury Press, priced £20



Method

1. Put the garlic, rosemary, balsamic vinegar, extra-virgin olive oil, lemon zest and juice into a shallow dish or baking tray. Season with salt and pepper and add the lamb steaks. Toss to coat in the marinade, then cover and let marinate in the fridge for at least two hours or ideally overnight.
2. When ready to cook, heat a griddle

pan over a medium-high heat until hot. Add the lamb and cook for four minutes on each side.

3. Meanwhile, stir the honey into the leftover marinade and spoon a little over each lamb steak as it cooks.

4. When the lamb is almost cooked, add the artichoke hearts to the pan and drizzle with a little of the marinade. Leave to char for one minute, then turn and cook the other side. Remove the lamb and set aside to rest for four to five minutes.

5. Heat a drizzle of olive oil in a frying pan over a medium heat, then add the cabbage and a squeeze of juice from the reserved lemon half. Season with salt and pepper and allow to wilt until just tender.

6. To serve, place the cabbage in the centre of each plate, sit a lamb steak on top and spoon the artichokes and any pan juices around the sides. Scatter over a few rosemary leaves to finish.