

# Love Italy

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## Herb Crusted Lamb Cutlets With Mache And Mint Salad

FREE RECIPE FROM *LOVE ITALY* BY GUY GROSSI, COSTOLETTA DI AGNELLO IN CROSTA - HERB-CRUSTED LAMB CUTLETS WITH MÂCHE AND MINT SALAD, PAGE 514.

The sweetness of young, full-flavoured lamb works beautifully with fresh herbs. The crunchy coating provides a great texture too. To avoid sogginess, make sure you don't overcrowd the pan and that the oil is just at the right temperature: too hot and the cutlets will burn quickly; too cool and they'll absorb too much oil. You can test the temperature by dropping in a tiny bit of crumb before adding the lamb – it should start to sizzle straight away.



12 French-trimmed lamb cutlets, excess fat and sinew removed  
3 tablespoons finely chopped flat-leaf parsley

2 tablespoons finely chopped rosemary  
1 tablespoon finely chopped sage  
1 tablespoon finely chopped thyme  
1 tablespoon grated parmesan  
200 g dried breadcrumbs  
sea salt and cracked black pepper  
100 g plain flour  
2 eggs, beaten  
200 ml olive oil

### **MÂCHE AND MINT SALAD**

100 g fresh shelled peas  
100 g mâche leaves (lambs' tongue lettuce)  
20 mint leaves  
100 ml extra virgin olive oil  
1 tablespoon white wine vinegar  
2 teaspoons lemon juice  
50 g marinated goat's cheese or feta  
sea salt and cracked black pepper

1. Lightly beat the lamb cutlets until they are about 5 mm thick.
2. Combine the herbs, parmesan and breadcrumbs in a bowl and mix well. Check the seasoning, adding salt and pepper to taste. Place the flour in a shallow bowl and the eggs in another. Lightly flour a cutlet, shaking off any excess, then dip it into the beaten egg. Place the cutlet in the herb and crumb mix, pressing the crumbs onto the meat to coat completely. Repeat with the remaining cutlets.
3. Heat the olive oil in a large frying pan over medium heat and add the cutlets. Cook for 1–2 minutes on each side until golden brown. Drain on paper towel.
4. Meanwhile, bring a saucepan of salted water to the boil and add the peas. Simmer for about 1–2 minutes, then drain immediately and refresh in cold water. When cool, drain the peas again and place in a large bowl with the mâche and mint leaves.
5. Make a dressing by whisking together the olive oil, vinegar and lemon juice. Pour over the leaves and mix well. Crumble in the goat's cheese or feta and check the seasoning, adding salt and pepper to taste.
6. Serve the herb-crusted lamb cutlets with the mâche and mint salad alongside.