

LAMB CHOP WITH BEANS CASSROLE & GARLIC ROSEMERY



LAMB CHOP	5no
VEG OIL	2tbsp
DEMI GLACE	20 gm
RED KIDNEY BEAN	50 gm
BAKED BEANS	50 gm
BLACK EYE BEAN	50 gm
ONION	20 gm
CHOPPED MIX HERB	10gm
CHOPPED ROSEMERY	1 tsp
ROSEMERY SPRIG	1 no for garnish
WORCHESTERSHIR SAUCE	1 tbsp
GARLIC	1 clove
SPRING ROLL SHEET:	for garnish



METHOD :

MARINATE LAMB CHOP WITH WORCHESTERSHIR SAUCE, SALT & PEPPER, ROSEMERY & GARLIC & KEEP THEM FOR 20 MIN. GRILLED LAMB CHOP ON FLAT TOP FOR ABOUT 5 TO 6 MIN ON LOW FIRE,

FOR BEAN CASSROLE : HEAT OIL IN PAN & SAUTE ONION. ADD BOILED BEAN STIR IN DEMI GLACE ADJUST SEASONING & GARNISH WITH MIX HERB