

## "Poltinger" lamb with yellow lentils and spiced yoghurt - a recipe by Martin Fauster



The particular lamb used in this recipe comes from the “Gutshof Polting” farm located in Lower Bavaria, which stands for particularly high meat quality by means of the natural methods used to rear the animals and the feed they are given.

### Ingredients for 4 portions:

*To make the saddle of lamb:*



800 g saddle of lamb without bones  
Salt, pepper  
Chopped thyme and rosemary  
Rapeseed oil

*To make the yellow lentils:*

50 g shallots  
2 cloves of garlic  
150 g yellow lentils (dried)  
2 pinches Annapurna curry powder  
2 tsp ground cumin  
2 tsp ground coriander  
1 pinch turmeric  
1 tomato  
1 bay leaf  
3 sprigs of thyme  
700 ml vegetable stock  
20 ml olive oil  
1 tbsp chopped fresh coriander

*To make the spiced yoghurt:*

80 g plain yoghurt  
A quarter of a nutmeg  
2 cardamon  
½ tsp coriander seeds  
½ tsp aniseed  
½ tsp cumin

**Tips from Martin Fauster:**

- Only prepare as much of meat as you think you will eat. The spiced yoghurt and lentils can be stored in the fridge for a few days.
- As an alternative to the spiced yoghurt, the lamb can also be enjoyed with a fresh mint dip. *Mint*

*dip:*

30 g yoghurt  
30 g Crème Fraîche  
15 mint leaves  
Salt, cayenne pepper and lemon juice

To prepare – simple mix the chopped mint leaves with the other ingredients.

**Preparation (c. 1 Hour):**



Chop the shallots (see “chopping an onion” video) and the garlic into small cubes and sauté in a little olive oil until translucent. Add the lentils and sauté. Then add the seasoning, fry briefly. Chop the tomato into small pieces, add to the pan and brown lightly. Gradually add the vegetable stock to the pan, and add the bay leaf and two sprigs of thyme. Finally cook the lentils on a low heat for c. 15 minutes until soft. Now season to taste with the rest of the olive oil, salt and the chopped coriander leaves.



Chop the saddle of lamb into small médaillons, season with salt and pepper on both sides and then sprinkle with the chopped herbs (thyme and rosemary).



Gently fry the médaillons in rapeseed oil and add a clove of garlic (pressed, incl. skin) and sprig of thyme to the pan. Then put the meat on the metal rack of the oven, place something underneath to collect the juices. It is optional to baste the médaillons with some butter. Roast the meat at 150 °C in the oven for c. 12 to 15 minutes until it has a pink colour. For best results turn the médaillons a few times during this period.



To make the spiced yoghurt – grind the herbs and spices finely in a pestle and mortar, mix with the yoghurt and place in the fridge. After approximately one hour pour the mixture through a sieve to remove the herbs and spices, then place the yoghurt back in the fridge. The spiced yoghurt can also be made the day before.



Bon appetit!

