

Mainland Parmesan polenta porridge, lamb ragu, Parmesan porcini crunch

A Great alternative to a sweet porridge for a modern moreish comfort food breakfast or brunch with a bit of wow factor

Lamb Ragu

INGREDIENTS

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- 2 Tbspn3 olive oil, divided
- 700g lamb shoulder, excess fat trimmed and diced into 5 cm cubes
- 2ea carrots, finely diced
- 1ea stalk celery, finely diced
- 1ea onion, finely diced
- 6ea cloves garlic, finely chopped or grated
- 2 Tbspn tomato paste
- 250ml red wine
- 250ml beef stock
- 1 x A10 tin crushed tomatoes
- 2ea bay leaves
- 1ea sprig fresh rosemary
- 8–10 sprigs fresh thyme
- Flake sea salt and ground black pepper, to season



METHOD

1. Brown the lamb shoulder in a heavy based saucepan or fry pan
2. Transfer the lamb to a plate and set aside. At this point, preheat the oven to 150c
3. Add olive oil to the pan & reduce the heat to medium. Add in the onion, carrots, celery, garlic and 1 teaspoon salt.
4. Cook, stirring occasionally, until the veggies are softened & deeply browned, 10-15 minutes. Add the lamb to pan
5. Stir in the tomato paste & red wine and reduce by half
6. Pour all ingredients into large braising dish, add the crushed tomatoes cover with baking paper and a lid or al foil and braise for 2.5 hours @150c
7. Remove from the oven. Remove & discard the spent bay leaves & herbs.
8. At this point, you can cool & store for later use



Parmesan Polenta Porridge

INGREDIENTS

- 1Tbspn salt
- 1L chicken stock
- 1 Tbspn dried thyme
- 150g fine polenta
- 100g Mainland Unsalted Butter
- 200ml Anchor fresh Cream
- 80g Mainland Parmesan, fine grated
- To garnish
- Chives, chopped
- Parmesan Porcini crunch

METHOD

1. To make the porridge, bring the water to the boil with the salt, chicken stock and thyme.
2. Add the polenta and whisk to ensure that no lumps form. Continue whisking until the polenta thickens, reduce the heat and cook for 30–40 minutes. Add the butter and grated Parmesan, allow to melt into the polenta.
3. To Serve – Warm 2 kitchen spoons of polenta and add enough cream and 1tspn of butter to loosen and create sheen
4. To Finish - Pour the porridge into a bowl, top with the Lamb Ragu, mushrooms, tomatoes and a poached egg.
5. Sprinkle with chopped chives and garnish with Parmesan Porcini Crunch.

Parmesan Porcini crunch

INGREDIENTS

- 100g Mainland Parmesan, diced 1cm x 1cm
- 1tspn Porcini mushroom powder

METHOD

1. Lay diced parmesan pieces on to a lined tray and place uncovered in the fridge overnight
2. Lay parmesan cube on to a plate, making sure to keep the pieces separated and cook in the microwave uncovered on high for 40 seconds or until parmesan has properly puffed
3. Remove from plate and leave to cool
4. Dust Parmesan crunch with porcini powder and store in an airtight container for up to 2 weeks.

