



**NEW EPISODES
MONDAYS
AT NOON EST**

"Admiral's Faves" Lamb with Blueberry Wine Sauce

**Fresh Thyme
Dried Juniper Berries
Olive Oil
Lamb Loin
Shallots
Garlic
Red Wine
Fresh Blueberries
Butter**

Bash up the thyme and juniper berries in a pestle and mortar (or use the end of a rolling pin and a metal bowl) with a really good pinch of salt and pepper. Loosen with 2 good lugs of olive oil. Pat the lamb dry with paper towel, and rub the oil mixture all over it. Sear the meat in a hot pan on all sides - roughly 6 minutes for medium rare or 7-8 minutes for medium. Remove it from the pan when it's cooked to your liking and lay it on a plate for 4 minutes covered with tinfoil.

Reduce the heat under the pan and add a good lug of oil. Add the shallots and garlic and fry gently for about 3 minutes until translucent and tender. Turn up the heat again, add the wine and let it reduce by half. Add the blueberries and simmer slowly for 4 minutes. Then, remove the pan from the heat, add the butter, and jiggle and shake the pan so the sauce goes slightly opaque and shiny. Season to taste.

Slice the lamb into 3/4 inch slices and serve with steamed purple sprouting broccoli or some other good greens. Add the meat's resting juices to the sauce and spoon over the lamb.

Searing creates a crusty surface texture and caramelized sugars that enhance the meat's flavor.