

INGREDIENTS:

12 small lamb chops, French-trimmed

200g dried haricot beans

4 sprigs of rosemary

2 large carrots

4 sticks of celery

100g French beans

1 shallot and one garlic clove,
both finely chopped

75ml olive oil

250ml lamb stock (made with
a capsule)

Bouquet garni of thyme, bay
leaf and parsley

Sea salt, freshly-ground black
pepper

TIME: 45 mins + overnight**SERVING:** 4 people

Soak the haricot beans overnight in plenty of water. Cut the carrot and celery (remove any string from large outer sticks) into very small dice and sweat with the shallot in a tablespoon of olive oil for a few minutes. Add the drained beans, the garlic, the stock and the bouquet garni, cover and simmer for 20 minutes. Meanwhile chop half the rosemary, place in a large bowl with a tablespoon of olive oil, add the chops and turn well to coat. Leave to marinate until the beans have cooked. Heat a large frying pan, throw in the rest of the rosemary and the seasoned chops, browning them well on both sides. Pour in the liquid from the beans and cook the chops gently for six to eight minutes. Place on a dish with the beans, reduce the cooking liquid by one-third over a high heat, pour over the top and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: