

INGREDIENTS:

For the jelly: kilo of elderberries

250ml water, sugar, juice of one lemon.

4 lamb chops,

4 small rosemary sprigs

4 unpeeled, crushed garlic cloves,

25g butter, dash of olive oil

Sea salt, freshly-ground black pepper

150ml port

Half a teaspoon Marmite

TIME: 15 Mins + Overnight

SERVING: 4 people



Tim P, CC BY 2.0 <<https://creativecommons.org/licenses/by/2.0/>>, via Wikimedia Commons

Shake the elderberry heads to remove any insects then use a fork to strip the fruit into a preserving pan. Add the water and slowly stew the berries until broken down—about 30 minutes. Allow to cool then, while still warm, transfer to a jelly bag, string it up and allow it to strain overnight into a clean bowl. Measure the juice. For every pint or litre of juice allow a pound or kilo of sugar. Place the juice in the cleaned preserving pan and the sugar on a baking sheet in a warm oven. Heat the juice to simmering point, add the sugar and lemon juice, stir to dissolve and continue to heat just under boiling point until a little of the jelly will set on a cold plate. Spoon away any scum on the top, pour into sterilised jars, seal and store. For the chops, season the meat on both sides with black pepper. Heat the butter and oil in a pan until sizzling then add the chops and cook for three minutes each side. Remove and allow to rest. Pour off any fat, add the port and incorporate the cooking residues then add the Marmite and whisk in a tablespoon of the jelly until the sauce amalgamates. Cook for a minute more and serve with the chops.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: