

Mutton Neck Fillet & Kidney, Served with Creamy Goats Cheese Beans and Mint Vinaigrette

This dish is worth spending the time on. If mutton or lamb neck fillets are a cut you've never cooked before, I'm sure you won't be disappointed! - **The Hungry Guy, Shropshire**



Serves: 2-3

Ingredients:

- 1 Lamb/Mutton Neck Fillet
- 2 Lambs/Mutton Kidneys
- 1 Small Onion or Shallot, finely diced
- 2 Cloves Garlic, finely diced
- 1 Tin Cannelini Beans in Water
- 100g Soft Goats Cheese
- 4 Tbsp Extra Virgin Olive Oil
- 50g Butter
- Handful Fresh Mint Leaves, finely sliced
- 2 Tbsp Red Wine Vinegar
- Salt & Pepper

Cooking Instructions:

- 1 Allow the meat to come to room temperature before cooking. Heat a frying pan on a medium heat. Trim any excess fat off the neck fillet, season well with salt, pepper and rub with 2 Tbsp Extra Virgin Olive Oil.
- 2 Place in the frying pan and cook for 5-6 minutes on each side, turning regularly until the core temperature of the neck fillet is at around 56C or there is a slight bounce with resistance to the meat when gently prodded.
- 3 Half way through cooking add 25g butter and baste the neck fillet. Once cooked, remove from the pan and set aside to rest.
- 4 Reduce the heat in the pan to a medium-low. Halve the kidneys and trim. In the lamb juices, add another 25g butter and fry the kidneys gently for 2-3 minutes on each side.
- 5 Season with salt and pepper and remove from the pan to rest with the neck fillet.
- 6 Turn the heat back up to medium in the pan, add the chopped onion or shallot and fry for 3-4 minutes until softened.
- 7 Add the minced garlic and cook for 2-3 minutes, before adding the beans and their water to the pan, bring to a simmer
- 8 If required, trim the rind off the goats cheese before adding the cheese to the pan, stir well.
- 9 Taste and adjust the seasoning with salt and pepper. Add another knob of butter for a bit of extra richness. Keep warm until serving.
- 10 To make the vinaigrette - add the sliced mint leaves to a bowl with the Extra Virgin Olive Oil and the red wine vinegar. Mix well with a fork to combine.
- 11 To plate up, slice the well rested neck fillet into 6-8 slices, spoon the beans into a bowl, arrange the slices of neck fillet and kidneys in the bowl and dress with the vinaigrette.

