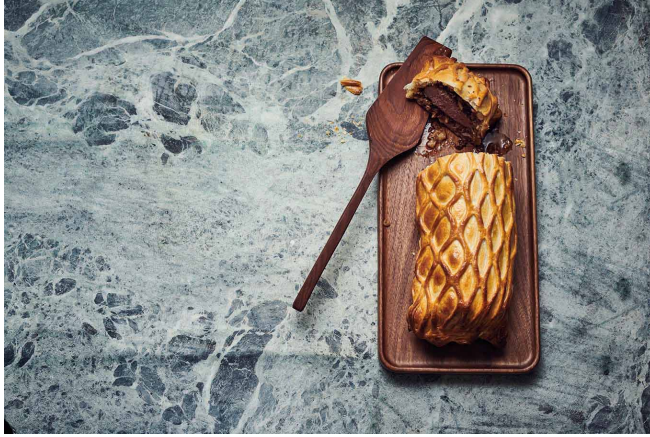




Lamb Wellington

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

with cep filling

Lamb

4 loins of lamb (each about 180 g)

Some salt

Olive oil for browning

Filling

50 g dried ceps (porcini) mushrooms, soaked, drained

2 shallots

2 cloves of garlic

40 g sun-dried tomatoes preserved in oil, drained

1 tbsp pitted black olives

1 sprig of rosemary, leaves plucked

Olive oil for sweating

50 g walnut kernels, chopped

Some salt

Some pepper

Some lemon juice

Making the parcels

8 slices of Parma ham





2 rolled-out rectangular sheets
of puff pastry

