

Lamb Sirloin with Honey Mustard Sauce with Haricots Verts a l'anglaise

This delicious lamb dish complements the *Syan Shiraz* perfectly with its full-bodied seductive palate that is packed with chunky jammy dark berry fruits and spicy fresh cracked pepper notes. The honey mustard sauce adds spice to the lamb and the thin French green beans known as haricots verts add a fresh and tasty finish to the dish. The traditional French method of cooking vegetables in large amounts of salted water is known as "à l'Anglaise" and is particularly appropriate for these tender beans.

Ingredients:

1 pound American lamb sirloin steaks, cut 3/4 inch thick
Honey Mustard Sauce (recipe follows)
¼ teaspoon salt
¼ teaspoon black pepper

Ingredients (Honey Mustard Sauce):

1 slice firm-textured whole wheat bread (1 ounce), torn into small pieces
¼ cup plain low-fat yogurt
2 tablespoons brown mustard
1 tablespoon honey
1 teaspoon snipped parsley
1 teaspoon prepared horseradish
1 to 2 tablespoons water

Ingredients (Haricots Verts a l'anglaise):

½ pound haricots verts, trimmed
2 tablespoons unsalted butter
Salt and freshly ground pepper

Directions:

Honey Mustard Sauce Combine torn bread and yogurt in medium bowl. Stir until mixture is fairly smooth. Stir in mustard, honey, parsley and horseradish; mix well. Stir in 1 to 2 tablespoons water as necessary to reach desired consistency. Cover and refrigerate until serving time.

Lamb Sprinkle lamb steaks with salt and black pepper. Grill or broil 4 inches from heat source for 3 to 5 minutes. Turn and continue cooking 3 to 5 minutes or until desired doneness.

Haricots Verts a l'anglaise Fill a 6-qt saucepan or stockpot one-half full with cold water. Bring water to a boil and add 4 1/2 teaspoons of salt, or 1 1/2 teaspoons per quart of water. Allow water to return to a boil and add the haricots verts. Cook for 3-4 minutes, or until they are crisp-tender. While haricot verts are cooking, fill a large bowl with ice and cold water. Drain the haricots verts in a colander and then plunge them into the ice bath to stop the cooking and to retain their bright green color. Drain the beans again and pat them dry. Just before serving, melt the butter in a 12 inch skillet over moderately high heat. Add the haricots verts and toss gently to coat in butter. Season to taste with salt and pepper and when heated through remove the beans to a warm serving dish. Serves 4.

Wine Pairing:

Syan Shiraz