



Rump of Goat, Cracked Wheat and Anchovy Dressing

We love this recipe and think it works great with other cuts of goat like the Rump and Rack

Serves: 4

Prepare: 20 Minutes

Cook: 30 Minutes

Difficulty: easy

Ingredients

- rump of goat (or half rack of goat)

For The Anchovy Dressing

- 1 shallot, finely chopped
- 1 x 50g/2oz tin of anchovies, drained

For The Cracked Wheat

- 250g/9oz cracked wheat
- 1 leek, finely chopped
- 3 celery sticks, finely chopped
- 1 garlic clove, crushed
- splash of olive oil
- 150g/5.3oz mixed seeds (pumpkin and sunflower work well) 1/2 bunch of parsley, chopped
- and finely chopped
- 1 tablespoon white wine vinegar 3 tablespoons olive oil

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. For the anchovy dressing, mix the shallot and anchovies in a bowl with the vinegar and oil, ensuring that the anchovies are dispersed throughout. Set aside.
3. Put the cracked wheat in a large heatproof bowl, pour over 500ml/2 cups boiling water, cover and leave for 15 minutes.
4. Sweat the leek, celery and garlic in a pan with the oil until tender. Mix with the cracked wheat. Toast the seeds in a dry pan and add to the cracked wheat with the chopped parsley. Mix well and season to taste.
5. Cut the goat rump into 4 equal portions and seal in a hot pan with the oil until the outside is browned. Add the butter and, when it is melted and foaming, spoon it over the loin.
6. Transfer to the oven and cook for 4 minutes. The rump is best served pink but needs to be rested well (for around 10 minutes) in a warm place.
7. Heap the cracked wheat onto four plates. Slice the rump thinly and place on top. Spoon over the anchovy dressing and serve.