

Miele

Lamb Backstrap, Jerusalem Artichoke Puree, Grain Salad and Artichoke Crisps

By Miele

15 minutes

Prep time

4 hours

Cooking time

4 Servings

Serves



INGREDIENTS

Artichoke puree and skins

1kg Jerusalem artichokes
100ml coconut milk
Salt and pepper
Coconut oil
Grain salad
100g quinoa
100g brown rice
75g buckwheat
450-500mls water or stock
50g puffed amaranth
25g slivered pistachios
25g walnuts, chopped
25g pumpkin seeds
25g sunflower seeds
30g parsley, chopped

Dressing

20ml extra virgin olive oil
10ml walnut oil
Juice and zest of 1 orange

Lamb

4 lamb backstraps
1 tablespoon cumin, ground
1 teaspoon sumac
2 garlic cloves, crushed
Extra virgin olive oil

METHOD

Artichoke puree and skins

1. Place the artichokes in a perforated steam tray and steam at 100°C for 30 minutes, or until soft.
2. When cool enough to handle, cut a slit down one side and scoop out all the flesh, whilst attempting to keep the skin in 1 whole piece if possible.
3. Place the flesh into a blender with the coconut milk and blend until you have reached a smooth consistency. Season with salt and pepper and set aside.
4. Brush the artichoke skins with coconut oil and season with a little salt. Spread evenly on a baking sheet and place in the Warming Drawer or in the Oven on Drying function at 80°C.
5. Dehydrate for 3 hours or until crispy.

Grain salad

1. Place the quinoa, brown rice and buckwheat in a solid steam tray with 450-500mls of water or stock. Steam at 100°C for 25 minutes.
2. Place the cooked grains in a bowl, add the amaranth, nuts, seeds and chopped parsley.
3. Whisk together the extra virgin olive oil, walnut oil, orange juice and zest and add to the salad.

Lamb

1. Mix together the cumin, sumac and garlic with some oil to make a paste and rub into the lamb.
2. Place a pan on a medium-high heat, Induction 7. Once the pan is hot, add the lamb and cook for approximately 3 minutes each side, or until cooked to your liking.
3. Allow the meat to rest for 5 minutes. The Warming Drawer is ideal for this.

To serve

1. Warm the puree in the steam oven at 100°C for 5 minutes.

Note

- A delicious recovery meal that is also dinner party worthy.
- When preparing the dish, make extra grain salad and enjoy leftovers for lunch the next day.
- For a vegetarian option, substitute lamb for tofu or tempeh.
- Average weight of lamb backstrap is 200g, recipe uses 4 x backstraps.
- To make this into a quicker and easier dinner, roughly peel the artichokes and place them in the steam oven at the same time as the grains. Once cooked, make a mash with coconut milk and serve alongside the lamb and salad.