

Lamb rack, eggplant, kohlrabi, garlic beurre noisette

By Matt Stone

1 hour 30 minutes

Preparation time

1 hour 30 minutes, plus resting time

Cooking time

4-6

Serves



INGREDIENTS

Lamb seasoning salt

- 4 tablespoons sea salt flakes
- 1 tsp Szechuan pepper
- ½ tsp red chilli flakes
- 1½ tsp cumin seeds

Kohlrabi pickle

- 1 large green kohlrabi
- 200ml rice wine vinegar
- 200ml water
- 50g caster sugar
- 1 tsp salt
- 1 tsp coriander seeds
- 12 black peppercorns

- 2 x 8 point lamb racks, trimmed and Frenched
- 3 medium sized eggplants
- 1 bunch coriander, leaves picked
- 1 bunch mint, leaves picked
- 1 bunch flat leaf parsley, leaves picked
- Lemon juice and olive oil

METHOD

Lamb seasoning salt

1. Toast the cumin seeds and pepper until fragrant on Induction setting 6. Grind in a mortar and pestle, leaving a little texture. Mix with remaining ingredients.

Kohlrabi pickle

1. Place all the pickle ingredients into a small saucepan. Bring to the boil on high heat, induction setting 8. Reduce to induction setting 6 and simmer for 5 minutes.
2. Peel kohlrabi and finely slice on a mandolin. Place in a container and pour over the warm pickling liquid. Leave to cool, then place in the refrigerator.

Garlic beurre noisette

1. Place the butter in a small saucepan and melt on medium heat, Induction setting 5.
2. Once melted, increase the heat, Induction setting 7. Whisk continuously until foamy and golden brown.
3. Reduce heat and slowly add the garlic and ginger. Whisk to combine and continue cooking for a further 3 minutes, or until fragrant.
4. Combine soy, vinegar and mirin and add to butter. Bring back to the boil, checking for seasoning. Add more soy sauce if required.
5. Mix the cornflour with a little water (1 -2 tsp) then add to the sauce, whisking well.
6. Bring to the boil, and then put aside for serving.

Eggplant

1. Heat the gourmet griddle plate on induction setting 7 for 10 minutes.
2. Pierce eggplant with the tip of a small knife and place on the pre-heated griddle plate (no oil is required). Turn the eggplants every 10 minutes; cook until skin has blistered and charred on all sides.
3. Transfer the eggplant to a grilling and roasting insert over a multi-purpose tray.
4. Preheat oven on Fan Plus at 220°C. Roast eggplant on shelf position 2 for a further 10-15 minutes or until softened.
5. Cool and carefully remove the skin and shred the flesh slightly.

Lamb rack

1. Bring lamb to room temperature for 30 minutes. Season well with the lamb seasoning salt.
2. Preheat a large pan on high heat, induction setting 7.
3. Add a little olive oil, then seal lamb racks on each side until they're golden brown. Allow 6-8 minutes of sealing time, you may require reducing the heat to induction setting 6 if the dish becomes too hot.
4. Preheat oven on Moisture Plus at 175°C with 1 manual burst of steam.
5. Place the lamb racks on a grilling and roasting insert over a multi-purpose tray. Place on shelf position 2. Release the burst of steam immediately and cook for 15-18 minutes, or cooked to your level of doneness.
6. Once cooked remove the lamb racks to a pre-heated warming drawer set to 55°C. Rest for 10 minutes. Slice the lamb into cutlets to serve.

To serve

1. Place the eggplant onto a large shared style plate. Dress with lemon juice, lamb seasoning salt and olive oil.
2. Add lamb cutlets, seasoning the cut sides. Drizzle over a little sauce. Dress the herbs with lemon juice and olive oil.
3. Sprinkle over generous amounts of the picked herbs, and add a little more sauce.
4. Place remaining sauce into a jug or small dish for the table. Serve immediately.

Hints and tips

- Lamb can be cooked to varying degrees of doneness. Change timings and core temperature to suit your liking.
- This seasoning salt recipe is for more than you will need but it is great to have around for seasoning steak or vegetables.
- Depending on the size of the lamb racks, this would yield a medium degree of doneness.
- If you have a food probe insert into the thickest part of the eye of the meat and set the core temperature to 50°C.