

Miele

Lamb and artichoke with pecorino sauce

By Miele

50 minutes

Prep time

1 hour, 15 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

2 lamb lion (backstrap), trimmed
4 globe artichokes
4 rosemary sprigs
4 thyme sprigs
2 garlic cloves
100ml dry white wine
1 lemon
Salt flakes and pepper to taste
2 tablespoons Olive oil
1 tablespoon vegetable oil

Pecorino cream

500ml full cream milk
150g 1 year old pecorino, finely grated

METHOD

1. Lightly season the lamb with salt. Place one sprig of rosemary and one sprig of thyme on top of the lamb and roll tightly with plastic wrap.
2. Place lamb on solid steam tray and Steam at 60°C for 35 minutes.
3. Clean the globe artichokes by peeling off the darker outer leaves until you reach the tender light green leaves. Using a paring knife, cut off the top third of the artichoke. Trim the stalk so that it's 2cm long and peel the stalk.
4. Using a teaspoon, scoop any hairy choke out of the centre of the artichoke. Rub the artichoke with a cut lemon. Squeeze the lemon into a large bowl with cold water and place artichokes in acidulated water.
5. Place the artichokes, salt, pepper, olive oil, garlic cloves, rosemary, thyme, white wine and about 100ml of cold water in a solid steam tray. Steam at 90°C for 40 minutes. Drain artichokes.
6. Place milk in pan, cook on medium heat, Induction setting 5 until milk is reduced by half. Take the milk off the heat, add grated pecorino while blending with a stick blender until smooth and creamy.
7. Brush artichoke tops with vegetable oil and sear for 2 minutes in a hot pan on High heat, Induction setting 7-8.
8. Unwrap the lamb and sear in same pan on Induction setting 8 with vegetable oil. After 2 minutes add the butter and remaining herbs and sear until the meat caramelises.
9. Rest the meat in a warm place for about 5 minutes, portion and put in the centre of the plate.
10. Place the warm artichoke on the side of the meat, pour over the warm pecorino cream and serve.