

Miele

Steamed lamb in onion sauce

By Shannon Bennett

10 minutes

45 minutes

4

Serves



INGREDIENTS

50ml duck fat

4 brown onions, peeled and cut in half,
evenly sliced thinly

10 clover of garlic, peeled finely
chopped/crushed

250ml white wine

500ml brown chicken stock

2 sprigs of thyme

2 x 300g lamb loins, cleaned of all sinew

50g pimentos

4 anchovies, white, marinated

2 cups broad beans, picked and shelled

1 lemon, zest and juice

METHOD

1. In a heavy-based pan over low heat, Induction setting 5, melt the duck fat.
2. Add the onions and cook slowly to caramelize. Add the garlic and cook for a further 2 minutes.
3. Deglaze the pan with the white wine. Add the chicken stock and the thyme. Cook the liquid until it is reduced by one-third and then remove from the heat.
4. Place the loins into a solid steam tray lined with baking paper. Place into the steam oven and Steam at 75°C for 15 minutes, remove from the steam oven, season with salt and pepper and rest.
5. Take a small saucepan, add the butter and oil to the pan, add the pimentos and anchovies, sauté on high heat, Induction setting 7 for 30 seconds.
6. Add the broad beans, season with lemon zest and a squeeze of lemon.
7. Slice each lamb loin evenly lengthways to expose the beautiful pink centre, slice approximately 2cm x 8cm portions.

To serve

Add a very generous ladle of the onion soup to each plate, at the top of each plate place one strip of lamb, at the bottom half of each plate add a generous amount of broad bean mixture and serve.