

Miele

Lamb ragout with potato gnocchi

By Miele

1 hour

Preparation time

3 hours

Cooking time

6

Serves



INGREDIENTS

Slow roasted lamb shoulder

1.5 kg lamb shoulder
2 tbsp olive oil
4 sprigs rosemary
2 garlic cloves, thinly sliced
Salt flakes and pepper, to taste
200 ml tinned diced tomatoes
200 ml chicken stock

Tomato sauce

2 tbsp olive oil
1 brown onion, finely chopped
2 celery sticks, finely chopped
3 garlic cloves, crushed
600 g diced tinned tomatoes
3 tbsp tomato puree
200 ml chicken stock
2 tbsp balsamic vinegar
Salt flakes and pepper, to taste
1/4 cup fresh basil leaves, torn

Potato gnocchi

1.4 kg potatoes, peeled and halved
(choose varieties such as Desiree, Nicola
or Royal blue)
2 egg yolks
300 g (2 cups) plain flour
1 tsp salt flakes

METHOD

Slow roasted lamb shoulder

1. Make incisions into the lamb with a sharp knife, rub with olive oil, push rosemary and garlic into the incisions and season well. Place the diced tomatoes and chicken stock into a Gourmet oven dish and place the lamb on top.
2. Select Combi Mode with Fan Plus at 120°C + 80 % moisture. Place the lamb on shelf level 2. Cook for 2 hours 30 minutes or until very tender.
3. This cooking can be done the day before and re-heated if preferred.

Tomato sauce

1. Gently saute the olive oil, onion, celery and garlic in a large saucepan on high heat, Induction level 7, for 5 minutes or until soft.
2. Add the tomatoes, puree, chicken stock and balsamic vinegar, reduce the heat to low-medium, Induction setting 4-5, and cook with the lid on for 45 minutes.
3. Add in the basil leaves and season to taste.

Potato gnocchi

1. Place the potatoes into a perforated steam tray on shelf level 2 and steam at 100°C for 20 minutes.
2. Pass the potatoes through a mouli or potato ricer into a large bowl, add eggs and flour a little at a time to form a soft dough. Divide dough into 6 and roll each into a log shape, cut the logs at 3cm intervals to form gnocchi.
3. Bring a large pot of water just to the boil on Boost, and reduce heat to high, induction level 8. Add the gnocchi in small batches and cook until they float to the top.
4. Remove the gnocchi from the water with a slotted spoon, place in a solid steam tray and chill. Reheat in Steam Oven at 100°C for 1 min when required.

To serve

1. Remove the lamb from the dish and shred the meat, maintaining some larger pieces, add 100ml of the juices from the lamb dish into the tomato sauce.
2. Place the gnocchi into a serving dish, spoon over the tomato sauce and scatter across the lamb ragout. Garnish with fresh basil and parmesan.

Alternative appliance methods

Steam oven (sous-vide method)

- Sous-vide method for lamb: The lamb and all lamb ingredients can be placed into a large vacuum seal bag. Place in the Vacuum Sealing Drawer and seal on setting 2 and vacuum on setting 1. Sous-vide or Steam at 90°C for 5 hours.

Hints and tips

- To re-heat the lamb: Use Special Applications: Re-heat at 120°C + 60% moisture + 20 minutes.
- To achieve a more perfect shaped (less rustic) gnocchi: Chill for 30 minutes before adding to boiling water.