

Miele

Lamb shoulder with creamy polenta and gremolata

By Miele

20 minutes

Preparation time

3 hours 30 minutes

Cooking time

8 serves

Serves



INGREDIENTS

Lamb shoulder

- 1 brown onion, roughly chopped
- 6 garlic cloves, crushed
- 2 tsp fine sea salt
- 1 tsp black pepper
- 1 long red chilli, deseeded and thinly sliced
- ½ bunch oregano
- 6 sprigs thyme
- 80 ml (? cup) vegetable oil
- 2 kg boned lamb shoulder

Creamy polenta

- 500 ml (2 cups) milk
- 700 ml (2 ? cups) water
- 170 g (1 cup) polenta
- 70 g butter, diced
- 150 g (2 cups) parmesan, finely grated
- Salt and pepper, to taste

Gremolata

- 2 tbsp (40 ml) olive oil
- ¼ cup lemon zest
- 1 garlic clove, crushed
- ¼ cup flat leaf parsley, finely chopped
- Salt and pepper, to taste

METHOD

Lamb shoulder

1. Blend or process the onion, garlic, salt, pepper, chilli, oregano, thyme and oil until smooth.
2. Place the lamb shoulder onto a grilling and roasting insert on a universal tray. Rub the paste evenly over the lamb.
3. Place the lamb into the combi steam Pro oven on shelf position 1.
4. Select user programmes and create the following:
 - Stage 1: Select Combi mode: Fan Plus at 225°C + 10% moisture + 30 minutes.
 - Stage 2: Select Combi mode: Fan Plus at 120°C + 80% moisture + 3 hours.
5. Save and start programme.

Creamy polenta

1. Combine the milk and water in a large saucepan and place on high heat, induction setting 8. Heat until just below boiling point.
2. Reduce the heat to induction setting 4 and gradually add the polenta, whisking constantly.
3. Cook for a further 30 minutes or until polenta is cooked, stirring often.
4. Remove from the heat and whisk in the butter and parmesan.
5. Season to taste.

Gremolata

1. Combine all ingredients together, season to taste.

To serve

1. Remove the lamb from the oven, rest for 10 minutes.
2. Gently shred the lamb with two forks. Serve with the polenta and gremolata.

Additional appliance methods:

LAMB-

Dialog oven:

- Sear the lamb shoulder on induction setting 7 until golden brown before rubbing with marinade paste.
- Place the lamb in in a roasting dish and pour 500 ml (2 cups) chicken stock around the lamb. Select M Chef + Conventional at 170°C + GU: Intensity Strong + preheat ON shelf position 2 + Duration 2 hours.

Oven:

- Sear the lamb shoulder on induction setting 7 until golden brown before rubbing with marinade paste. Place the lamb in in a roasting dish and pour 500 ml (2 cups) chicken stock around the lamb. Cook for 2 hours on Conventional at 170°C.

POLENTA

- Cook the polenta in the steam oven using the Automatic Programme: Grains / Polenta. And follow the prompts.

Hints and tips

- Any type of milk or stock can be used for the polenta. Add more garlic to the gremolata if desired.
- Leftover polenta can be set in a tray, sliced into batons and recooked as chips in the oven on Fan Plus at 220°C for 30 minutes, turning once.

