

Miele

Slow cooked lamb rack with charred zucchini and white bean salad

By Miele

20 minutes

Preparation Time

1 hour 45 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Slow cooked lamb

2 frenched lamb racks, 6 per rack
8 garlic cloves, skin on
2 tbsp Ras el hanout (Moroccan spice mix)
60 ml (¼ cup) olive oil
2 tsp salt flakes

Charred zucchini and white bean salad

2 zucchinis, thinly sliced lengthwise
2 tbsp extra virgin olive oil
Salt flakes and pepper, to taste
1 x 400 g tin cannellini beans, drained
½ cup mint leaves
½ cup parsley leaves
60 g rocket leaves
2 tbsp lemon juice

Tahini sauce

200 g (1 cup) thick Greek yoghurt
80 g (¼ cup) hulled tahini
2 tbsp lemon juice
1 tbsp sumac
Salt flakes, to taste

METHOD

Slow cooked lamb

1. In a large bowl, add the lamb, garlic cloves, spice mix, olive oil and salt and toss the lamb to coat well.
2. Place lamb in the middle of a grilling and roasting insert on a universal tray. Place the garlic cloves under the lamb, insert the food probe, if using and place in the oven on shelf level 2 on Fan Plus at 85°C.
3. If using a food probe, set internal temperature to 60°C. If you're not using a food probe, check the meat after 45 minutes with an external food probe until 60°C is reached. This can take from 45 minutes to 1 hour 20 minutes depending on the lamb.
4. Remove from the oven and allow to rest for 10 minutes.

Charred zucchini and white bean salsa

1. Combine the zucchini strips and half of the olive oil in a large bowl. Season to taste.
2. Combine the remaining ingredients in another bowl.

Tahini yoghurt sauce

1. Place all of the ingredients into a bowl and mix, season to taste.

To serve

1. Preheat a griddle plate on medium-high heat, induction setting 7 for 5 minutes.
2. Add the zucchini and char until slightly softened, add to the white bean salad. Cook the lamb until charred all over.
3. Slice the lamb into individual pieces and serve with the salad and tahini sauce.

Hints and tips

- Cannellini beans can be cooked from dried beans using the steam oven.
- Lamb can also be cooked in a warming drawer on Cook setting 5 for 1 hour 30 minutes to 2 hours.
- This dish can be cooked in the Dialog oven: Select Gourmet Profi + Fan Plus at 85°C + GU Intensity: Medium + internal temperature 60°C. Rest briefly before searing to caramelize.