

LAMB BACKSTRAP, BABY ZUCCHINI, CELERIAC AND TRUFFLE PUREE, RADISH

EQUIPMENT

MEDIUM SAUCEPAN, ZIP LOCK BAG, MEDIUM FRYPAN,
CHEF KNIFE, THERMOMETER

INGREDIENTS

1 LAMB BACK STRAP, 1 BABY WHITE ZUCCHINI, 2-3 RADISH, CELERIAC PUREE,
MICRO RADISH, 2 SPRIGS THYME, OLIVE OIL, SALT, 20GM BUTTER

METHOD

PRE-HEAT THE OVEN STEAM SETTING TO 55 DEGREES

SEASON THE LAMB ON BOTH SIDES AND PRESS THYME SPRIGS INTO THE LAMB. PLACE THE LAMB INTO A ZIP LOCK BAG WITH A SPLASH OF OLIVE OIL AND ROLL THE LAMB INTO A UNIFORM SHAPE THIS WILL REMOVE THE EXCESS AIR FROM THE BAG. SEAL THE BAG

FILL THE POT WITH WATER AND USE A THERMOMETER AND ADD THE LAMB WHEN YOUR WATER IS 55 DEGREES, PLACE THE LAMB IN THE WATER AND PLACE IN THE OVEN FOR 50 MINS

WHILE THE LAMB COOKS SLICE THE ZUCCHINI INTO 3 PIECES AND THINLY SLICE SOME RADISH

ONCE COOKED REMOVE THE LAMB FROM THE OVEN AND COVER THE PUREE AND PLACE IN THE OVEN STEAM SETTING 100 DEGREES TO WARM THROUGH

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT ADD A SPLASH OF OLIVE OIL AND ADD THE ZUCCHINI SLICES SIDE FACING DOWN

REMOVE THE LAMB FROM THE BAG AND PAT DRY ON PAPER TOWEL, ADD THE LAMB TO THE FRYPAN AND SEAL ON BOTH SIDES TO FORM A GOLDEN BROWN CRUST.

1-2 MINS

TURN THE ZUCCHINI OVER WHILST COOKING THE LAMB AND ADD THE BUTTER, REMOVE FROM THE HEAT AND SET ASIDE TO REST FOR 2 MINS

REMOVE THE PUREE FROM THE OVEN AND PLACE A FEW DOLLOPS OF PUREE ON THE PLATE, PLACE THE ZUCCHINI ON THE PLATE AND SLICE THE LAMB INTO 3 EVEN PIECES AND PLACE ON THE PLATE RESTING ON THE ZUCCHINI PIECES, GARNISH WITH SLICED RADISH AND MICRO RADISH SPRIGS

FINISH WITH A DRIZZLE OF OLIVE OIL AND SERVE

HINTS & TIPS

- LAMB BACKSTRAP IS A VERY LEAN CUT THEREFORE HEALTHY FOR YOU

- THIS METHOD OF COOKERY GIVE YOU PRECISE RESULTS TAKING OUT THE GUESS WORK FOR PERFECTLY PINK LAMB

- WHEN WORKING WITH BABY WHITE ZUCCHINI DON'T OVER COOK THEM LEAVE THEM A LITTLE CRUNCHY TO AVOID THEM BECOMING BITTER