

Miele

Lamb ragout with potato gnocchi

By Miele

1 hour 30 minutes

3 hours 30 minutes

6

Serves



INGREDIENTS

Lamb

- 1.5kg lamb shoulder
- 2 tablespoons olive oil
- 2 garlic cloves, peeled, sliced
- Sea salt and freshly ground pepper to taste
- 200ml diced tinned tomatoes
- 200ml chicken stock
- 4 sprigs rosemary

Potato gnocchi

- 1.4kg Royal Blue potatoes, peeled, halved
- 2 egg yolks
- 2 cups plain flour
- 1 teaspoon salt flakes

Tomato sauce

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

METHOD

Lamb

1. Place grease filter in the rear of the Steam Combination Oven and pre-heat on Fan Plus at 120°C.
2. Make incisions into the lamb with a sharp knife, rub with olive oil, push rosemary into incisions and season. Place the remaining ingredients into a Gourmet oven dish and place the lamb on top.
3. Select Combination Mode: Select Fan Plus at 120°C + 3 hours 30 minutes + 80% moisture. Place on shelf position 2.
4. Once cooked, the lamb should fall apart. This cooking can be done the day before and re-heated if preferred.

Tomato sauce

1. Gently fry olive oil, onion, celery and garlic in a large saucepan on high heat, Induction setting 7, 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 potatoes into a perforated steam tray on shelf position 2 with a condensate tray on shelf position 1 and steam at 100°C for 20 minutes.
2. Pass 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 high heat, Induction setting 9/Boost, add gnocchi in small batches and cook until they float to the top.
4. Remove gnocchi from water with a slotted spoon, place in a solid steam tray and chill. Re-heat 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 gnocchi into a serving dish, spoon over the tomato sauce and scatter across the shredded lamb. Garnish with fresh basil and parmesan.

HINTS AND TIPS

- 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.
- 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.
- If Royal Blue potatoes are not available, substitute for a good mashing potato such as Desiree and Nicola.