

Miele

Roasted lamb rump with fregola, pea, mint and pecorino salad

By Miele

30 minutes and resting time

Preparation time

1 hour

Cooking time

4 serves

Serves



INGREDIENTS

Roasted lamb rump

- 2 x 250 g lamb rump roasts
- 1 tbsp olive oil
- Salt flakes and pepper, to taste
- 1 garlic clove, crushed
- 2 thyme sprigs, finely chopped

Fregola, pea, mint and pecorino salad

- 150 g ($\frac{3}{4}$ cup) fregola
- 310 ml (1 $\frac{1}{4}$ cups) chicken stock
- 1 tsp salt flakes
- 120 g (1 cup) frozen peas
- 30 g butter
- $\frac{1}{4}$ cup roughly chopped parsley
- $\frac{1}{4}$ cup roughly chopped mint
- Salt flakes and pepper, to taste
- Lemon juice, to taste
- 30 g pecorino cheese, shaved
- 1 cup small mixed lettuce leaves

Miele accessories

- Grilling and roasting insert,
- Universal tray and Steam containers

METHOD

Roasted lamb rump

1. Rub the lamb rumps in olive oil, salt, pepper, garlic and thyme, rest at room temperature for 30 minutes.
2. Select Combi mode on the combi steam Pro oven:

Stage 1: Select Combi mode: Grill + Preheat + Grill 3 + 0% moisture.

Stage 2: Select Combi mode: Grill 3 + 10 minutes + 0% moisture.

Stage 3: Select Combi mode: Fan Plus at 150°C + 10 minutes + 60% moisture.

3. Place a grilling and roasting insert in a universal tray, then place into the oven on shelf level 2 (shelf level 3 in a 60 cm oven) for the first stage to preheat.
4. Place the lamb onto the preheated tray, and back into the oven. Cook for the set time, or until cooked to your preference.
5. Allow the lamb to rest for 10 minutes before serving.
6. Leave oven door open to allow to cool before using the Steam function.

Fregola, pea, mint and pecorino salad

1. Place the fregola, chicken stock and salt flakes into an unperforated steam container. Steam at 100°C for 6 minutes, or until the fregola is almost tender. Add the peas and continue to steam for a further 2 minutes.
2. Combine the steamed fregola with the remaining ingredients. Season to taste.

To serve

1. Slice the lamb rump thickly and serve on top of the salad.

Hints and tips

- If you are choosing to use fresh peas, simply steam them with the fregola.
- Fregola is a Sardinian pasta made from semolina. Israeli or giant couscous can be substituted.
- The lamb can also be cooked via the Sous-vide method and seared on the induction cooktop. Season the lamb and place in a large vacuum sealing bag. Vacuum on setting 3 and Seal on setting 3. Place into a perforated steam container and Steam at 65°C for 45 minutes. Once cooked, sear in a frying pan on a medium-high heat, Induction setting 7 on all sides until golden brown.