



Miele

Caramelised lamb ribs

By Shannon Bennett

35 minutes, plus an additional 2 days for marinating

Prep time

55 minutes to 8 hours depending on chosen method

Cooking time

4-6 Servings

Serves

INGREDIENTS

Lamb ribs

1.5 kg lamb ribs
150 g brown sugar
30 g five spice powder
30 g chilli powder
15 g garlic powder
15 g smoked paprika

Caramel sauce

160 g rock sugar, grated
150 ml young coconut juice
2 diced red chillies
20 ml oyster sauce
2 shallots, peeled and cut into small wedges
30 g garlic, peeled and crushed
10 g chili flakes
2 limes, juiced
40 ml fish sauce
Sea Salt to taste

Miele Accessories

Vacuum sealing bag
Steam tray
Universal tray

METHOD

Sous vide method

1. Combine lamb, brown sugar, five spice, chili powder, garlic powder and smoked paprika in a vacuum seal bag.
2. Vacuum seal and allow to marinate for at least 1 hour and up to 2 days.
3. Place in the steam oven and steam at 65°C for 8 hours

Pressure Steam Oven method

1. Combine lamb, brown sugar, five spice, chili powder, garlic powder and smoked paprika in a vacuum seal bag.
2. Vacuum seal and allow to marinate for at least 1 hour and up to 2 days.
3. Remove all lamb from the bag and place all ingredients into a deep steam tray. Cover with foil and pressure steam at 120°C for 45 minutes or until the meat falls off the bone.

Caramel Sauce

1. In a heavy based pot on a medium to high heat, Induction setting 7, mix rock sugar and coconut juice, bring to the boil, cool and reduce until a light caramel forms (approximately 7-8 minutes).
2. Remove the pot from heat
3. Add remaining ingredients to the caramel, stir until combined.
4. Season with lime juice and fish sauce, to taste.

To Serve

1. Once cooked, place the lamb ribs on a grilling and roasting insert placed in a universal tray.
2. Pre-heat oven on Fan Grill at 200°C. Place lamb on shelf position 4 and cook for a further 10 minutes.
3. Carve lamb into individual ribs.
4. Arrange over a large serving platter, drizzle over the warmed sauce and serve.