

Miele

Lamb rump, roasted eggplant, cumin tomato paste, yoghurt

By Michael Meredith

45 minutes

Preparation Time

2 hours

Cooking Time

8

Serves



INGREDIENTS

Lamb rump

4 lamb rump, trimmed
2 garlic cloves, sliced
Sprig of thyme
Salt and pepper
Olive oil

Tomato and cumin sauce

2 tbs olive oil
2 shallots, finely sliced
2 garlic cloves, finely sliced
1 tsp freshly ground cumin seeds
800g tinned whole peeled tomatoes
1 tbs brown sugar
1 tbs red wine vinegar
1 tsp chopped thyme
1 bay leaf
Salt to taste

Eggplant

4 Japanese eggplants
Grapeseed oil
1 tbs tahini paste
1 tbs honey
Juice of 1 lemon
2 tbs toasted pinenuts
Warm water
Salt, to taste

Yoghurt dressing

200ml Greek yoghurt
50ml olive oil
Juice of 1 lemon
Water
Salt

To serve

100g watercress

METHOD

Lamb rump

1. Season the lamb rump and place in a large vacuum seal bag, along with the garlic and thyme. Place into the Vacuum Sealing Drawer and Vacuum on setting 3 and Seal on setting 3.
2. Place into a perforated steam container and steam at 65°C for 45 minutes.
3. Once cooked, remove from the vacuum seal bag, pat dry and put to one side.
4. Heat oil in a gourmet oven dish on high heat, Induction setting 8. Add lamb rumps and sear on all sides until golden brown. Leave to rest.

Tomato and cumin sauce

1. Heat olive oil in a medium size saucepan on medium-high heat, Induction setting 7. Add the garlic and shallots and sauté for 5 minutes, then add the cumin and toast quickly.
2. Add tomatoes, sugar and vinegar. Bring the tomato sauce to the boil then reduce to a simmer, Induction setting 5.
3. Add the thyme and bay leaf, reduce to low heat, Induction setting 3 and continue to cook the sauce for a further 40 minutes or until it has reduced to a paste like consistency.
4. Remove from heat and remove bay leaf. Transfer the sauce to a blender and process until smooth, add oil and salt to taste. Keep warm.

Eggplant

1. In a shallow dish, stir together the ingredients for the marinade until everything is well mixed, adding just enough hot water to loosen the paste and honey.
2. Slice the eggplant in half lengthwise, then score the flesh with a knife cutting into the flesh without cutting through the skin. Make diagonal cuts about an inch apart, and then repeat in the other direction so you have a diamond like pattern.
3. Place the eggplant in the dish with the marinade and coat the surface and insides of the eggplant with the marinade. Leave to marinate for at least 20 minutes.
4. Line a multi-purpose tray with baking paper. Pre-heat Oven on Moisture Plus at 190°C with 1 manual burst of steam and follow the prompts.
5. Remove the eggplant from the marinade and place cut-side up on the baking paper.
6. Place into pre-heated Oven on shelf position 2 and release burst of steam. Roast for 10 minutes.
7. Remove the tray from the Oven, brush the eggplant with more of the reserved marinade, sprinkle some of the pine nuts over the top and roast for a further 10 minutes.

Yoghurt dressing

1. Mix the yoghurt with olive oil and lemon juice, season to taste with salt.

To serve

1. Slice lamb in half lengthways and trim if necessary, place onto the plate, allow 2 half eggplants per portion.
2. Spoon tomato puree next to the lamb, garnish with watercress, dress with yoghurt dressing and serve.

Hints and tips

- Tomato and cumin sauce can be made ahead of time and frozen for up to 3 months.