



**Miele**

# Lamb Backstrap, Jerusalem Artichoke Puree, Grain Salad and Artichoke Crisps

By Miele in collaboration with Sports Dietitians Australia

**15 minutes**

Prep time

**4 hours**

Cooking time

**4 Servings**

Serves

## INGREDIENTS

### Artichoke puree and skins

1kg Jerusalem artichokes  
100ml coconut milk  
Salt and pepper  
Coconut oil  
Grain salad  
100g quinoa  
100g brown rice  
75g buckwheat  
450-500mls water or stock  
50g puffed amaranth  
25g slivered pistachios  
25g walnuts, chopped  
25g pumpkin seeds  
25g sunflower seeds  
30g parsley, chopped

### Dressing

20ml extra virgin olive oil  
10ml walnut oil  
Juice and zest of 1 orange

### Lamb

4 lamb backstraps  
1 tablespoon cumin, ground  
1 teaspoon sumac  
2 garlic cloves, crushed  
Extra virgin olive oil

## METHOD

### Artichoke puree and skins

1. Place the artichokes in a perforated steam tray and steam at 100°C for 30 minutes, or until soft.
2. When cool enough to handle, cut a slit down one side and scoop out all the flesh, whilst attempting to keep the skin in 1 whole piece if possible.
3. Place the flesh into a blender with the coconut milk and blend until you have reached a smooth consistency. Season with salt and pepper and set aside.
4. Brush the artichoke skins with coconut oil and season with a little salt. Spread evenly on a baking sheet and place in the Warming Drawer or in the Oven on Drying function at 80°C.
5. Dehydrate for 3 hours or until crispy.

### Grain salad

1. Place the quinoa, brown rice and buckwheat in a solid steam tray with 450-500mls of water or stock. Steam at 100°C for 25 minutes.
2. Place the cooked grains in a bowl, add the amaranth, nuts, seeds and chopped parsley.
3. Whisk together the extra virgin olive oil, walnut oil, orange juice and zest and add to the salad.

### Lamb

1. Mix together the cumin, sumac and garlic with some oil to make a paste and rub into the lamb.
2. Place a pan on a medium-high heat, Induction 7. Once the pan is hot, add the lamb and cook for approximately 3 minutes each side, or until cooked to your liking.
3. Allow the meat to rest for 5 minutes. The Warming Drawer is ideal for this.

### To serve

1. Warm the puree in the steam oven at 100°C for 5 minutes.

### Note

- A delicious recovery meal that is also dinner party worthy.
- When preparing the dish, make extra grain salad and enjoy leftovers for lunch the next day.
- For a vegetarian option, substitute lamb for tofu or tempeh.
- Average weight of lamb backstrap is 200g, recipe uses 4 x backstraps.
- To make this into a quicker and easier dinner, roughly peel the artichokes and place them in the steam oven at the same time as the grains. Once cooked, make a mash with coconut milk and serve alongside the lamb and salad.