



Miele

Lamb shoulder with creamy polenta and gremolata

By Miele

20 minutes

Preparation time

4 hours

Cooking time

8 serves

Serves

INGREDIENTS

Lamb shoulder

1 brown onion, roughly chopped
6 garlic cloves, crushed
2 tsp fine sea salt
1 tsp black pepper
1 long red chilli, deseeded and thinly sliced
½ bunch oregano
6 sprigs thyme
80 ml (? cup) vegetable oil
2 kg boned lamb shoulder

Creamy polenta

250 ml (1 cup) milk
750 ml (3 cups) water or chicken stock
170 g (1 cup) polenta
70 g butter, diced
150 g (2 cups) parmesan, finely grated
Salt and pepper, to taste

Gremolata

2 tbsp (40 ml) olive oil
¼ cup lemon zest
1 garlic clove, crushed
¼ cup flat leaf parsley, finely chopped
Salt and pepper, to taste

Miele accessories

Grilling and roasting insert
Universal tray
DGG ½ – 80 Unperforated steam container

METHOD

Lamb shoulder

1. Blend or process the onion, garlic, salt, pepper, chilli, oregano, thyme and oil until smooth.
2. Place the lamb shoulder on a grilling and roasting insert in a universal tray. Rub the paste evenly over the lamb.
3. Place the lamb into the combi steam Pro oven on shelf position 1.
4. Select User Programmes and create the following:

Stage 1: Select Combi mode: Fan Plus at 225°C + 10% moisture + 30 minutes.

Stage 2: Select Combi mode: Fan Plus at 120°C + 80% moisture + 3 hours.

5. Save and start the programme.

Creamy polenta

1. Place the milk, 1 cup of water or stock and the polenta into a deep unperforated steam container.
2. Mix lightly, then place into the steam oven and Steam at 100°C for 10 minutes.
3. Whilst the polenta is cooking, place the remaining water or stock into a saucepan on medium heat, induction setting 6.
4. When the polenta is cooked, remove from the steam oven and whisk in the butter and parmesan, adding extra water or stock, as required to create a smooth, loose consistency.
5. Season to taste.

Gremolata

1. Combine all ingredients together and season to taste.

To serve

1. Remove the lamb from the oven and rest for 10 minutes.
2. Gently shred the lamb with two forks. Serve with the polenta and gremolata.

Additional appliance methods:

LAMB-

Dialog oven:

- Sear the lamb shoulder on induction setting 7 until golden brown before rubbing with marinade paste.
- Place the lamb in in a roasting dish and pour 500 ml (2 cups) chicken stock around the lamb. Select M Chef + Conventional at 170°C + GU: Intensity Strong + preheat ON shelf position 2 + Duration 2 hours.

Oven:

- Sear the lamb shoulder on induction setting 7 until golden brown before rubbing with marinade paste. Place the lamb in in a roasting dish and pour 500 ml (2 cups) chicken stock around the lamb. Cook for 2 hours on Conventional at 170°C.

POLENTA-

Steam oven:

- Cook the polenta in the steam oven using the Automatic Programme: Grains / Polenta. And follow the prompts.

Induction/Cooktop method:

- Combine 500 ml (2 cups) milk and 700 ml (2 ? cups) water in a large saucepan and place on high heat, induction setting 8. Heat until just below boiling point.
- Reduce the heat to medium-low, induction setting 4 and gradually add the polenta, whisking constantly.
- Cook for a further 30 minutes or until polenta is cooked, stirring often.

Hints and tips

- Any type of milk or stock can be used for the polenta. Add more garlic to the gremolata if desired.
- Leftover polenta can be set in a tray, sliced into batons and recooked as chips in the oven on Fan Plus at 220°C for 30 minutes, turning once.

