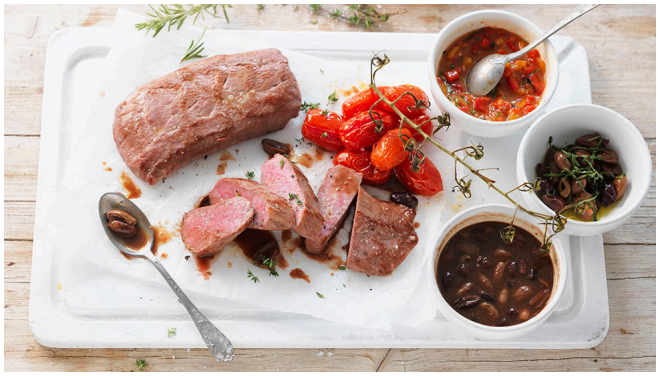
Loin of lamb with a sweet pepper ragout and olive jus

מתכון מאת V-ZUG Ltd.



Preparation	1 Hrs
Cooking time	1 Hrs 5 Mins
מנות	4
התקן	Combair-Steam SL from 2017

loin of lamb

2 loins of lamb, each 200 g

40 g olives, taggiasca

2 sprigs of rosemary

Put the meat, olives and rosemary into a vacuum bag and vacuum seal it on level 3. Place the vacuum bag in the perforated cooking tray and put it into the cold cooking space. Cook.

Vacuisine 57 °C for 40 Mins

Prepare

100 ml jus, demi-glace

30 g olives, taggiasca

1 tbsp olive oil

½ bunch of basil

Salt

Pepper

Bring the jus with the olives to the boil. Coarsely mix together with the rest of the ingredients using a hand-held blender.

Oil, for searing

Salt

Pepper

1 tbsp butter, for basting

Take the meat out of the vacuum bag and put the olives aside. Add the cooking juices to the olive jus.

Season the meat, dab dry and briefly sear on all sides in hot oil. Add the butter, let it melt, baste the lamb with it and then allow the meat to stand.

Sweet pepper ragout

500 g sweet pepper, red and yellow

1 clove of garlic

(Pre-)heat cooking space to 230 °C with Hot air

Cut the sweet peppers in half and remove the seeds and white ribs. Lay the pepper on the lined baking tray, skin-side up. Place the unpeeled garlic clove on the baking tray with the pepper. Put the tray into the preheated cooking space and roast the pepper until the skin is blistered and blackened.

Put the pastry in

Hot air 230 °C for 25 Mins

½ bunch of basil

Salt

Pepper

Peel the skins off the peppers and coarsely chop the flesh. Peel and finely chop the roasted clove of garlic.

Pull off the basil leaves and cut into strips. Mix the peppers with the olive oil, garlic and basil, season with salt and pepper.

Slice up the lamb and arrange on the plates with the sweet pepper ragout, olives and jus.

אביזרים

Vacuum bag

Perforated stainless steel tray

Baking tray

מידע נוסף

הופק ביום	11.12.2019