



65°C SLOW-COOKED CRISPY HERB-CRUSTED RACK OF LAMB (serves 2 to 3)

INGREDIENTS

500 g French style racks of lamb, 2 tbsp Dijon mustard

SEASONING

2 tsp mixed herbs, 2 tbsp extra virgin olive oil, salt, pepper

HERB CRUST

1 cup Japanese breadcrumbs, 2 tsp mixed herbs, salt, pepper



Method:

1. Wipe dry the lamb. Rub in seasoning. Put on a plate and steam in Miele puresteam at 65°C for 90 minutes.
2. Mix herb crust ingredients in a dish. Slice the lamb. Brush some Dijon mustard on each slice. Coat them in herb crust. Fry the lamb in some oil in a pan over medium heat until both sides golden. Serve.

Tips:

- Slow cooking meat over low temperature for extended period helps soften its muscle fibre. It's less likely to be overcooked while keeping its pleasing colour. It also tends to pick up seasoning better.
- Optionally, serve the lamb with a dip – simply mix Dijon mustard with honey and lemon juice.
- Miele DGC 6800 XL 48-litre built-in steam combination oven is a 3-in-1 cooking appliance. Choose between True European convection oven, Steam oven, or a combination of both. For this recipe, steam the lamb first and slice it. Brush on mustard and coat them in breadcrumbs. Then turn to “Full Grill” mode and grill the lamb at 220°C until golden. One Miele oven is all you'll ever need.

Miele



65°C低溫脆煎香草羊架（2至3位份）

材料
調味料
麵衣

法式帶骨羊架約500克、法式芥末2湯匙

雜錦香草碎2茶匙、鹽及黑椒碎適量、初榨橄欖油2湯匙

日式麵包糠1杯、香草碎2茶匙、鹽及黑椒碎適量



做法：

1. 羊架抹乾，灑上調味料抹勻盛碟上，放Miele蒸爐以65°C蒸90分鐘。
2. 麵衣拌勻。羊架切片，掃上芥末，蘸上麵衣，平底鑊放少量食油，中火煎至兩面金黃即可。

烹調小貼士：

- 長時間低溫烹調令肉類的纖維更鬆軟，生熟更易控制，色澤更粉嫩，肉類更入味。
- 法式芥末加入蜜糖、檸檬汁拌勻作蘸醬，更具風味。
- Miele DGC 6800 XL 48 公升嵌入式三合一蒸焗爐，備有純焗爐、純蒸爐或真正蒸焗模式。先蒸熟羊架，掃上芥末及麵衣，再用Full Grill模式以220°C烤焗至金黃，一爐搞定。

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