



Miele

SLOW-COOKED LAMB RACK WITH HERBS

INGREDIENTS

French cut lamb-rack (about 800g), 2 tsp of herbs, a little olive oil, salt and pepper, 2 tbsp of Dijon mustard, some Japanese-style bread crumbs

Methods:

1. Pat dry the lamb rack and spread olive oil, herbs and other seasonings on top. Place into Gourmet Drawer and cook at 65°C for 90 minutes. Rest to cool for about 15 minutes.
2. Spread Dijon mustard, salt, crushed black pepper on the meat and coat it well with bread crumbs. Select "Fan Grill" and bake at 225°C until it appears to be golden. Slice and serve at once.

Cooking tips:

- You can also fry the rack with a cooking pan and a little oil.





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低溫香草羊架

材料

法式羊架 約800克、香草碎 2茶匙、欖油、鹽及黑椒碎 適量、
法式芥末 2湯匙、日式麵包糠 適量

做法：

1. 羊架抹乾後掃上適量欖油，以香草碎及調味料抹勻，放保溫櫃以65°C烹調90分鐘，放置15分鐘待其冷卻。
2. 將羊架掃上芥末醬，灑上適量鹽及黑椒碎後充份蘸滿麵包糠，以Fan Grill 225°C把表面焗至金黃即可切成薄塊享用。

烹調小貼士：

- 除了用焗爐，亦可以平底鑊及少量食油煎至表面金黃即可切成薄塊享用。

