



Confit of saddle of lamb with tomato red pepper confit and harissa



Preparation – Lamb

Vacuum-seal all ingredients and cook on Steam 59 °C for 25 minutes. Empty into a frying pan and brown on all sides with butter and a little thyme. Cut into portions and arrange. Garnish with thyme.

Preparation – Tomatoes

Blanch cherry tomatoes in hot water for 10 seconds. Then plunge immediately into cold water and remove peel. Season with salt and pepper. Cook on Hot Air 80 °C for 2 hours.

Preparation – Tomato Slices

Slice cherry tomatoes and place on a plate. Season with salt and pepper. Drizzle with a little olive oil, garnish with a sprig of thyme and a slice of garlic and dry on Hot Air 80 °C for 2 hours.

Rezept für 4

Ingredients – Lamb

600 g saddle of lamb, boned and trimmed/
ready-to-cook
2 tbsp olive oil
Salt, pepper
A little fenugreek
½ garlic clove
Butter
Thyme

Ingredients – Tomatoes

8–10 cherry tomatoes with stalks
Salt, pepper

Ingredients – Tomato Slices

approx. 10 cherry tomatoes
1 sprig of thyme
1 slice of garlic
Salt, pepper
Olive oil



Preparation – Red Pepper Confit

Place the halved red peppers on a stainless steel baking sheet and drizzle with olive oil. Cook on Hot Air 140 °C for 40 minutes. Then remove the skin and finely dice the peppers. Heat olive oil in a pan, add garlic and shallots and sweat until translucent. Add red peppers and season to taste with salt, pepper and sambal oelek.

Preparation – Harissa

Sweat caraway, garlic and coriander in olive oil. Briefly stir in peperoncini and red pepper confit. Blend until a smooth, fine texture is achieved.

Preparation – Potatoes

Cut potatoes into sticks about 1.5 cm thick and 4.5 cm long. Vacuum-seal all ingredients and cook on Steam 85 °C for 45 minutes.

Anrichten

Settings lamb

With preheat

25 minutes | Steam 59 °C

Settings tomatoes

With preheat

2 hours | Hot Air 80 °C

Settings red pepper confit

With preheat

40 minutes | Hot Air 140 °C

Settings potatoes

With preheat

45 minutes | Steam 85 °C

Serving suggestion

Refine lamb juices with a little grated lemon zest, season small spinach leaves with vinegar, oil, vinegar, shallots, salt and pepper and arrange all ingredients on the plate.

Ingredients

Red Pepper Confit

4 red peppers, halved and seeded

A little olive oil

1 garlic clove, finely chopped

1 shallot, finely cut

2 tbsp olive oil

Salt, pepper

1 knife tip sambal oelek

Ingredients – Harissa

30 g peperoncini (large pods),

seeded and blanched three times

(bring to boil 3× in fresh water)

70 g of red pepper confit

1 espresso spoon caraway

1 espresso spoon

coriander powder

1 garlic clove, finely

chopped

2 tbsp olive oil

Ingredients – Potatoes

2 large potatoes

Salt, pepper

2 tbsp olive oil

Sprig of thyme

Garlic clove