



Lamb, onions and wild garlic



Rezept für 4

Ingredients for the lamb

400g leg of lamb
1 carrot
1 onion
¼ knob of celeriac
1 sprig of thyme
1 bay leaf
20g of clarified butter

Ingredients for

the pickled onions
2 onions
60ml of water
33ml of white balsamic vinegar
Salt and sugar

Preparing the lamb

Sweat the vegetables in the clarified butter. Remove from the pan and leave to cool separately. Season the leg of lamb and sear in a separate pan. Add the sprig of thyme and bay leaf to the cold vegetables. Vacuum pack everything to 100 %. Steam in the Steamer for 45 minutes at 60 °C. Remove the meat from the bag and leave to stand for 10 minutes. Sweat briefly in the pan again before serving.

Preparing the pickled onions

Slice the onions. Bring the water, vinegar, salt and sugar to the boil. Add the onions and bring to the boil again.



Preparing the roasted onions

Chop the onion finely and fry slowly in a pan until golden yellow in colour.

Preparing the wild garlic

Brush the garlic leaves with olive oil and leave to dry in the dehydrator at 40 °C.

Preparing the onion cream

Sweat the onions with butter and herbs in a pan. Deglaze with Noilly Prat and reduce until all the liquid has evaporated. Add the vegetable bouillon and cream and leave to simmer for half an hour. Put the homogeneous mixture into a food processor and work until smooth.

Preparing the red wine and onions

Cut the onion into four equal slices lengthways. Caramelize the brown sugar in a pan and deglaze with the red and port wines. Add the star aniseed, juniper and thyme. Season with salt and pepper. Add the onion slices and reduce until the liquid has evaporated. Make sure the onion remains firm to the bite.

Cooking level for the lamb

With pre-heat 45 minutes | steam setting at 60 °C

Ingredients for the

roasted onions

1 onion

20ml of butter

Salt and pepper

Ingredients for

the wild garlic

8-10 wild garlic leaves

Some olive oil for brushing

Ingredients for

the onion cream

20g of butter

100g of onions

Salt and pepper

1 clove

40ml of Noilly Prat

½ a star aniseed

1 juniper

150ml of vegetable

bouillon

60ml of cream



Ingredients for the

red wine and onions

1 red onion

100ml of red wine

100ml of port wine

15g of brown sugar

½ a star aniseed

1 juniper

Some salt and pepper

1 sprig of thyme