



Mountain lamb glazed in hibiscus, chestnut quinoa and sumac beetroots



Preparing the mountain lamb

Stir all the ingredients for the marinade together, brush the lamb filets with half the marinade and roll up each one. Vacuum pack the filets and cook sous-vide on the Steam 60 °C setting for 15 minutes. Then, sear the filets on all sides and glaze with the rest of the marinade.

Preparing the chestnut quinoa

Bring all the ingredients apart from the chestnut cubes to the boil and leave to simmer on a low heat for 15 minutes. Add the chestnut cubes at the end.

Rezept für 6

Ingredients for the mountain lamb

800 g lamb filets, trimmed and halved lengthways
1 tbsp red port wine
2 tbsps soya sauce
2 tsp salt
2 tbsps sugar
1 tbsp hibiscus flowers, dried and ground

Ingredients for the chestnut quinoa

4 dl vegetable stock
3 dl beetroot juice
250 g quinoa
100 g baked chestnuts, chopped into fine cubes
1 tbsp butter
Salt, pepper, 1 pinch of star anise powder

Ingredients for the cassis-onion crème

300 g red onions
1 clove of garlic
40 g butter
1 dl red wine
50 g cassis puree
2 tbsps raspberry vinegar
1.5 dl vegetable stock
1 pinch of sumac, salt and pepper



Preparing the cassis-onion crème

Slice the garlic finely and fry lightly in the butter for around 5 minutes. Deglaze with the red wine and vegetable broth and reduce by half. Add the remaining ingredients and leave to simmer until almost all the liquid has steamed off. Puree finely.

Preparing the sumac beetroots

Bring all the ingredients for the marinade to the boil. Pour the marinade over the beetroot slices and leave to cool in the stock.

Anrichten

Serving

Arrange the quinoa in a ring, spray on the cassis-onion crème, place the sliced lamb filet and beetroot slices on top and finish off with the lamb juice and red shiso cress.

Cooking level for the mountain lamb

After preheating

15 minutes | Steam 60 °C

Ingredients for the sumac beetroots

2 pcs beetroot, cut into strips

2 dl water

2 dl red wine vinegar

150 g sugar

3 slices of ginger

2 pcs of star anise

1 tbsp of sumac

Shiso cress for serving