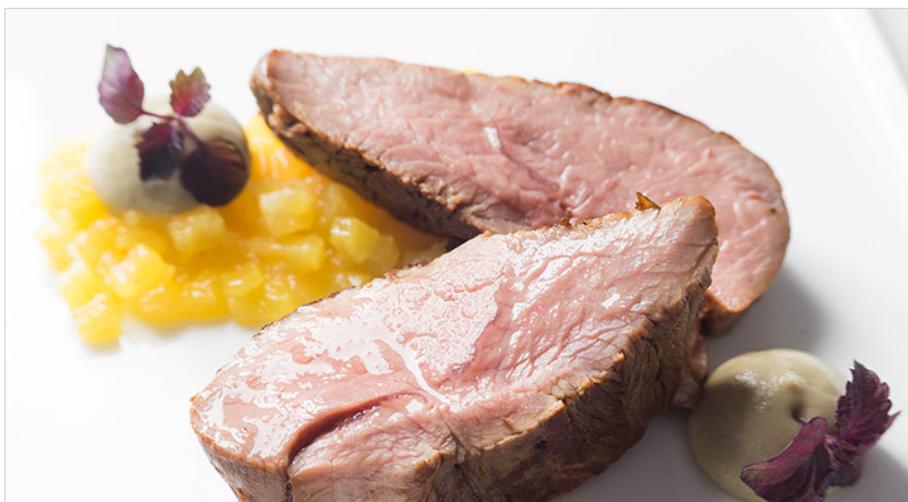


Sous vide lamb with pineapple chutney and eggplant cream

Author: Sarah Henke
Cooking time: 25 minutes



Ingredients

Marinade for lamb sirloin:

40 g ginger
1 pepperoni, red
1 stalk lemon grass
5 g paprika powder
250 ml light soy sauce
300 ml teriyaki sauce
60 ml roasted sesame oil

Lamb (sous vide):

4 lamb sirloins
Pakistani salt for seasoning
Mazola oil for searing

Pineapple chutney:

200 g fresh pineapple cubes
1/2 tbsp. brown raw cane sugar
Starch for thickening
50 ml pineapple juice

Eggplant cream:

2 eggplants
Coconut milk

Preparation

Marinade for lamb sirloin:

Cut shelled ginger into small pieces, cut red pepperoni into rings.
Cut off the lower end of the lemon grass and cut stalk into rings. Peel garlic and cut into small pieces.
Mix all ingredients.

Lamb (sous vide):

Trim lamb sirloin and place it with 3 tbsp. marinade into the vacuum bag and seal. The lamb sirloin should be marinated for at least 1 day.
Cook for 20 minutes at 62 °C in the sous vide water bath of the **fusionchef**.
Remove lamb sirloin from bag and roast it.

Pineapple chutney:

Caramelize the brown raw cane sugar. Cut pineapple into equal cubes and add to caramel. Have it simmer until caramel is fully dissolved. Mix some starch with pineapple juice and thicken the pineapple.

Eggplant cream:

Wash two eggplants. Pierce the eggplants several times with a small knife. Pack them individually into aluminum foil. Cook them for 50-60 minutes at 180 °C in the oven until they are soft.
Scrap the eggplant flesh from the skin and press through a colander depending on how much liquid you would like to remove. The "drier" the eggplant is, the better is the consistency. Place the drained eggplant meat into the Thermomix and mix with the coconut milk to a cream. Press through a fine colander as desired. Fill into a squeeze bottle and serve.

Serve:

Serve pineapple chutney as rectangle on the plate. Place two slices of lamb sirloin crosswise on top of the chutney. Place some drops of eggplant onto the plate.

This recipe was kindly provided by Sarah Henke.
Photo: StefanVeres.de (agency Dominic-Multerer.de)