

STEAM AND BAKED LAMB PROVENCAL

METHOD

- 01 Remove excessive fat and small bone from the lamb rack. Then season with salt and pepper.
- 02 Heat up an oil pan with medium high heat, fry garlic and rosemary until fragrant. Then add lamb rack and pan fry until golden.
- 03 Preheat the Miele steam combination oven to 150°C with “Combination Mode + Fan Plus” function and moisture set at 80%. Plug the wireless food probe into the lamb rack, set the core temperature at 58°C.
- 04 Bake the lamb rack in the preheated steam combination oven. The cooking programme will stop automatically when the lamb rack reaches the pre-set core temperature.
- 05 Mix Italian parsley, rosemary, bread crumbs, salt, pepper and parmesan cheese into a mixer. Mix well and set aside.
- 06 Brush lamb rack with mustard and coat it with herb bread crumbs.
- 07 Select “Fan Grill” function then bake the lamb rack in Miele oven at 200°C for 3 minutes.
- 08 Slice the lamb rack when done and garnish with vegetables. Ready to serve.

INGREDIENTS

| | |
|-----------------------|--------------|
| Lamb Rack | 1 pc (700 g) |
| Rosemary | 1 pc |
| Garlic | 3 pcs |
| Butter | 10 g |
| Italian Parsley | 12 g |
| Thyme | 2 pcs |
| Bread Crumb | 50 g |
| Salt | Moderate |
| Pepper | Moderate |
| Garlic Powder | 1 tsp |
| Parmesan Cheese | 10 g |
| Mustard | 1 tbsp |

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TIPS

- The fat is rich in lamb smell. It can be removed or kept depending on preference.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the lamb rack in a moisturized cavity, resulting in a juicy and crispy texture.



30 mins



2~3 persons

蒸焗寶雲蘇羊架

做法

- 01 把羊架的多餘脂肪及碎骨切走。然後用鹽及胡椒粉調味。
- 02 以中大火燒熱油鑊，放入蒜頭和迷迭香。炒香後，放入羊架，將表面煎成金黃色。
- 03 以「組合模式 + 風扇加強」模式預熱Miele蒸焗爐至攝氏150度，濕度設定為80%。把無線食物探針插入羊架內，並將中心溫度調教至攝氏58度。
- 04 將羊架放入預熱好的蒸焗爐。當羊架到達預設的中心溫度時，便會自動完結煮食程序。
- 05 將意大利番茜、百里香、麵包糠、鹽、胡椒、蒜粉及巴馬臣芝士放入攪拌機中。攪拌至完全混合，備用。
- 06 取出羊架，表面塗上芥末，再沾上香草麵包糠。
- 07 將羊架放入Miele焗爐，用「風扇燒烤」模式以攝氏200度焗3分鐘。
- 08 完成後把羊架取出切件，放適量蔬菜作伴碟，即可享用。

材料

| | |
|-------------|-----------|
| 羊架 | 1件 (700克) |
| 迷迭香 | 1條 |
| 蒜 | 3粒 |
| 牛油 | 10克 |
| 意大利番茜 | 12克 |
| 百里香 | 2條 |
| 麵包糠 | 50克 |
| 鹽 | 適量 |
| 胡椒粉 | 適量 |
| 蒜粉 | 1茶匙 |
| 巴馬臣芝士 | 10克 |
| 芥末 | 1湯匙 |

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Miele



Miele Hong Kong



貼士

- 羊架的表面脂肪帶有膾味，可按喜好決定保留多少脂肪。
- 利用「蒸焗同步」烹調，烤焗過程全時間保留蒸氣，有助熱力均勻傳送到羊架每一個部位，鎖住肉汁，做出皮脆肉嫩的效果。



30 分鐘



2~3 人份