

Berry Glazed Lamb Backstrap with Soy Bok Choy, Salt Baked Carrot, Sunflower Seed Miso and Lamb Jus

Preparation Time: 1 Hour

Cooking Time: 90 Minutes

Serves: 1

INGREDIENTS

Lamb:

400g Backstrap
200g Clarified Butter
3 Garlic Cloves, peeled
1 Thyme sprig

Berry Glaze:

80g Blackberries
50g Elderberries
1Tsp Five Spice
100ml Water
40g Sugar
Salt, pinch

Soy Bok Choy:

1 Baby Bok Choy
50ml Soy Sauce
50ml Rice Wine
50g Brown Sugar
1Tsp Salt
20g Ginger, sliced

Sunflower Seed Miso Sauce:

1Tbps Miso
50g Sunflower Seeds
20ml Rice Wine Vinegar
30g Sugar
50ml Water
1Tbsp Miso

Salted Baked Carrot:

3 Heirloom Carrots
200g Salt
200g Flour
150ml Water



INGREDIENTS (CONTINUED)

Lamb Jus:

700g Lamb Bones
1 Garlic Clove, peeled
3 Thyme Sprigs
2 Rosemary Stalks
200ml Rice Wine
50g Butter
100g Celery, peeled and roughly chopped
100g Onion, peeled and roughly chopped
100g Carrot, peeled and roughly chopped
500ml Water
50g Butter
Salt and Pepper, to taste

Berry Glazed Lamb Backstrap with Soy Bok Choy, Salt Baked Carrot, Sunflower Seed Miso and Lamb Jus

METHOD

BERRY GLAZE

1. Bring everything to a gentle simmer for 10 min.
2. Blitz the reduction until smooth.
3. Pass through a sieve and let it cool.

SOY BOK CHOY

1. In a small saucepan, reduce the rice wine until half.
2. Add the rest of the ingredients except the bok choy and reduce until half.
3. In a pot of boiling water, cook the bok choy for 1 min.
4. Once cooked, toss the bok choy into the soy sauce.

SALTED BAKED CARROT

1. In a bowl mix the flour, salt and water together to make a salt dough.
2. Wrap the dough around the carrot.
3. Bake for 50 min on 200°C.
4. Remove the dough and peel the skin.

SUNFLOWER SEED MISO SAUCE

1. Toast the sunflower seeds until aromatic.
2. Blitz the seeds into a fine powder and transfer to a small pan.
3. Add in the rest of the ingredients and bring to a gentle simmer.
4. Pass it through a sieve and reserve.

LAMB JUS

1. In a roasting pan, mix all the ingredients except for the wine, butter and water.
2. Roast on a high 240°C for 30 min until well browned.
3. Transfer to a pot, and deglaze with wine until half the liquid evaporates.
4. Add water and reduce until 200ml of liquid remains.
5. Add butter and stir in.



Berry Glazed Lamb Backstrap with Soy Bok Choy, Salt Baked Carrot, Sunflower Seed Miso and Lamb Jus

METHOD

LAMB PREPARATION

1. In a pot with hot clarified butter with the herbs and garlic around 80°C, poach the lamb for 4 min.
2. Take the lamb out and place in a hot pan on high, grill both sides for 1-2min each side.
3. Allow to rest for 10 min.

ASSEMBLE

1. Glaze the lamb with the berry reduction and trim off the sides.
2. Place the bok choy and carrot on the plate.
3. Spoon 2 tbsp of the sunflower seed miso in the centre and garnish with toasted sunflower seeds.
4. On the side, serve with a small jug of the jus.



Onsen Egg on Jerusalem artichoke with Garden Leaves and Chimichurri

Preparation Time: 1 Hour

Cooking Time: 90 Minutes

Serves: 1

INGREDIENTS

Salt Baked Jerusalem Artichoke:

300g Jerusalem artichokes

1 Lemon, juiced

Salt, to taste

Onsen Egg:

1 Egg

1L Boiling water

Courgettes:

1 Baby Yellow Courgette, rough cut

2Tbsp Butter

2 Thyme sprigs

1 Garlic clove, peeled

Salt and Pepper, to taste

Pickled Watermelon Radish:

150g Rice Wine Vinegar

2 Watermelon Radish

60g Sugar

20g Salt

30g Ginger

50ml Water

Chimichurri:

1 Cup Fresh Herbs

100ml Olive Oil

50ml Lemon Juice

1 Garlic clove, peeled and minced

Salt and Pepper, to taste

Garnish:

2 Heirloom Tomatoes, cored and quartered

Few Edible leaves and flowers

METHOD

SALT BAKED JERUSALEM ARTICHOKE

1. On a baking tray lay 300g salt evenly.
2. Place the artichokes on top of the salt and bake on 200°C for 35 min or until tender.
3. Cut off the skin and season with lemon juice, salt and pepper.

ONSEN EGG

1. In a heatproof bowl, add hot water around 80°C, submerge egg for 10 min.
2. Pour out half the water and top it off with boiling water. Sit for another 5 min.
3. Repeat this process again and the egg should be done.
4. Crack into a small bowl. Season before serving.

Onsen Egg on Jerusalem artichoke with Garden Leaves and Chimichurri

METHOD

COURGETTES

1. In a small pan, use the butter to sauté the courgette for 2 min with garlic and thyme.
2. Keep warm to serve.

WATERMELON RADISH PICKLES

1. Bring all the ingredients (except watermelon radish) to a simmer.
2. Shave watermelon radish into the hot pickling brine using a mandolin.

CHIMICHURRI

1. Rough chop the greens super fine and place in a bowl.
2. Mix and season well with the rest of the ingredients.
3. Adjust seasoning.

ASSEMBLE

1. In the middle of the bowl shape with a cookie cutter place 100g of the Jerusalem artichoke, pushing it down so it holds a disc shape.
2. Lay the onsen egg on top.
3. Around the egg place some of the courgettes and tomatoes.
4. Lay the leaves and flowers around the bowl and serve the chimichurri on the side.