COOKING PASSION SINCE 1877

Moroccan Lamb with Steamed Grain Pilaf

DIFFICULTY: MEDIUM

PREPARATION TIME: 20 MINUTES

COOKING TIME: 30 MINUTES

SERVES: 4-6

Ingredients

1tbsp olive oil

1 red onion, finely chopped

1 clove garlic, chopped

2 tspns Moroccan spice

2 tsps harissa paste

½ cup brown basmati rice

1/3 cup pearl barley

1/3 cup bulgur

2 cups vegetable stock

1/4 cup currants

100g cherry tomatoes – halved

1/4 cup chopped mint

1/4 cup chopped continental parsley

2 lamb rumps, approximately 250g each

2 tspns olive oil – extra

2 tsps Moroccan spice – extra

Hummus and Natural Yogurt to serve

Method

Heat a frying pan over a medium high heat, Induction level 7. Add the oil to the pan, then the onion and garlic and fry until lightly golden. Add the spice and the harissa and continue cooking for a further minute. Add the rice, barley and bulgur to the pan, mix well and remove from the heat. Transfer to the unperforated steamer tray, add the stock and carefully mix to combine. Place into the oven on wire shelf or large perforated steamer tray.

Select FullSteam 100°c Set the cooking time for 25 minutes and press start. Remove from the oven and stir in currants and tomatoes, then continue cooking for a further 3 minutes or until grains are tender. Stir in the chopped herbs.

While the pilaf is cooking, place the lamb rumps onto the universal tray that has been lined with baking paper. Rub with the oil and the spice.

If using a separate oven, preheat on CircoRoast to 190°c. Place the lamb on shelf position 4 and cook for 24 to 25 minutes or until cooked.

Serve with the Pilaf and hummus and yogurt.

Notes:-

If using the temperature probe, set the core temperature to 68°c

If you have VarioSteam add medium steam to the lamb

If you are cooking the lamb in the same oven as the Pilaf, be sure to wipe out any excess water from the oven before preheating on CircoRoast

Notes

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