

Leg of lamb sous-vide with couscous and mint-lime yoghurt

Cuisine: Other
Food category: Lamb/Mutton








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Program steps


1


 Combination


 50 %

 Termination by time

 16:00 hh:mm

 78 °C

 40 %



Ingredients - number of portions - 10		
Name	Value	Unit
Boneless leg of lamb	2.5	kg
fresh rosemary sprig	1	pcs
fresh thyme	1	pcs
Garlic cloves	2	pcs
salt	20	g
pepper	8	g
Couscous	750	g
Vegetable broth	750	ml
Red pepper, large	1	pcs
aubergine	1	pcs
zucchini	1	pcs
butter soft	100	g
Harissa (tsp)	1	pcs
Ras el Hanout (EL)	1	pcs
greek yogurt	500	g
Mint (small bunch)	1	pcs
Limes	2	pcs
salt	10	g

Name	Value	Unit
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Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Ph, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Directions

"Boss of the shop"

In this recipe we use spices from North Africa. Among others Ras el Hanout, which loosely translated means "boss of the shop". This is a spice mixture, the composition of which can vary depending on the chef. It contains up to 30 spices, such as turmeric, coriander, chili, ginger and many more.

Leg of lamb cooked sous-vide

2.5 kg boneless leg of lamb

1 piece rosemary sprig

1 piece thyme sprig

2 cloves of garlic

20 g salt

8 g pepper

Put everything together in a vacuum bag and vacuum seal.

Cook in the combi steamer on a rack for approx. 16 hours at 78 degrees with 50% humidity and 40% fan speed (timed).

Then remove the meat juice from the bag, thicken slightly, season to taste and pour over the sliced leg of lamb.

Couscous

750 g Couscous

Nutritional value of one portion	Value
Energy	4359.8 kJ
Carbohydrate	51.3 g
Fat	77.5 g
Protein	56.9 g
Water	0 g

750 ml vegetable stock

1 large red pepper

1 medium-sized eggplant

1 medium-sized zucchini

100 g butter

1 tsp harissa

1 tbsp Ras el Hanout

Finely dice the vegetables and sauté in the butter, add the harissa and Ras el Hanout and sauté briefly.

Quickly add the couscous and hot vegetable stock. Mix everything together well.

Cover and leave to absorb for 5 minutes.

Then loosen everything well with a fork, season if necessary.

Mint Lime Yoghurt

500 g Greek yogurt

1 small bunch of mint

2 limes

10 g salt

Finely chop the mint and mix it with the lime zest into the yogurt.

Season to taste with salt and lime juice.

Recommended accessories



Stainless wire shelving