

Serves 4-6

Umami infused lamb rump,

with charred
eggplant, elderberry,
and mushrooms.



By BJ Sebastian
Beef + Lamb Ambassador Chef



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Ingredients

Lamb Rump

1kg ANZCO Foods lamb rump (cap on)

200g dried kombu

Eggplant

4 eggplants

100g shallots

150g red miso paste

200ml double cream

Miso Dressing

50ml rice wine vinegar

50g sugar

10ml sesame oil

100g red miso paste

Elderberry Sauce

50ml cranberry juice

150g elderberry (use blackberries as alternative)

Mushrooms

200g pioppino mushrooms

200g lion's mane mushrooms

Garnish

Onion flowers (optional decoration)



Method

1 Preparation of the ANZCO Foods lamb rump

Remove cap and trim them by removing the excess fat. Soak the dried kombu in cold water for 10 minutes then remove from water. Wrap the kombu sheets around the lamb rump and place in vacuum bag. For maximum umami infused flavour, leave lamb rump in the fridge for five days (wet ageing). Preheat the sous vide to 56°C and cook lamb rump for 90 minutes. Remove lamb rump from the sous vide, remove the kombu, pat dry and season. Sear the lamb rumps in a hot pan with a little oil and brown butter.

2 Preparation of the eggplant

Roll three whole eggplants on the flame for roughly 10 minutes or until cooked. Remove burnt skin from eggplants and roughly chop. Sweat the shallots in a little oil in a hot pot. Add the chopped eggplants and cook for 10 minutes on low heat. Add 150g of red miso paste and mix well. Add cream, cook until it has a thick consistency, and season to taste. Transfer to a blender and blitz the mix into a fine puree. Set aside.

3 Miso Dressing

Bring a pot of water to the boil. In a bowl combine the rice wine vinegar, sugar, sesame oil and 100g of red miso paste and place the bowl on top of the pot of boiling water for 1 - 2 minutes until combined, then turn the boiling water off and set aside.

4 Remaining Eggplant

Cut the remaining eggplant into desired shape. Heat oil in a pan to 200°C, then deep fry eggplant for three minutes or until brown and cooked through. Remove from oil and brush fried eggplant with the miso dressing.

5 Elderberry Sauce

Cook the elderberry in a little cranberry juice, sugar and salt and reduce down to a syrup-like consistency. Adjust the seasoning to taste.

6 Mushrooms

Clean the mushrooms with a paper towel and remove excess dust. Cut the stems off if they are woody. In a semi-hot pan, clarify some butter. Cook the lion's mane mushrooms for around 30 seconds and the pioppino mushrooms for 1-2 minutes. Be careful not to overcook the mushrooms. Season with salt.

Plate and enjoy.



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