

maimoa
BY ANZCO
FOODS

ANZCO PREMIUM LAMB
*Aged
tenderness*
HANDPICKED IN NEW ZEALAND



Lamb Miso Ramen

Serves 4
Prep 15 minutes
Cooking 45 minutes

INGREDIENTS

4 Maimoa Square Cut Shoulder Chops
(Can sub with a whole shoulder, remove the meat from the bone)
1 garlic bulb, halved
1-2 pieces dried kombu
1 bunch spring onions, white part thinly sliced, green part sliced on the angle.
Trimblings reserved
1 L (4 cups) chicken stock
2 tbsp red Miso paste
¼ cup bonito flakes
1 tbsp light soy sauce

4 eggs
270 g Ramen noodles
2 cups frozen Corn
Togarashi and toasted seaweed to serve

Miso glaze

1 tbsp red miso paste
2 tbsp maple syrup
2 tsp each rice wine vinegar and soy sauce
A pinch of baking soda

METHOD

Remove the shoulder meat from the bone by using a small knife and running in along the side of the bone. Combine glaze ingredients in a bowl and add lamb meat and toss to coat. Stand while you prepare the broth.

Place lamb bones, stock, garlic, kombu, spring onion trimmings and 1 litre of water in a large saucepan. Bring to the boil then reduce heat to low, skimming the top with a ladle. Cook for 30 minutes to 1 hour. Strain through a fine sieve into a large heatproof jug. Stir through miso, bonito, soy and the white part of the spring onion and return to saucepan. Season to taste.

Meanwhile, place a large saucepan of water over high heat and bring to the boil add eggs and cook for 6½ minutes. Remove and plunge into a bowl of iced water to stop the cooking process. Peel.

Preheat a grill pan or frypan over medium high heat. Add marinated lamb and cook, turning regularly, for 3-4 minutes or until golden and sticky and lamb is medium rare. Transfer to a plate and rest for 5-10 minutes before slicing.

Return pot of miso to the boil. Add noodles and cook as per packet instructions, adding the corn in the final 2 minutes of cooking. Divide noodles, broth and corn between bowls. Slice meat and arrange on the top of the bowls with halved eggs, sliced spring onions and seaweed

Scatter with togarashi to serve.