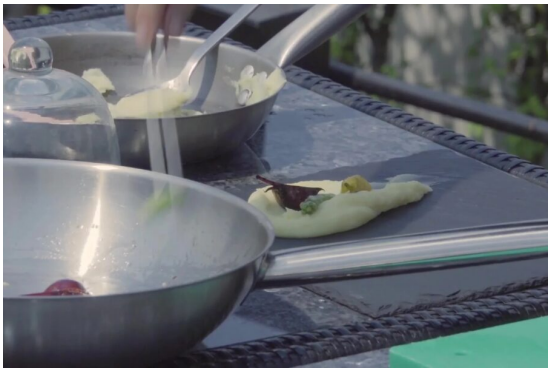
THAILAND / 48 HOURS IN BANGKOK

SEARED SMOKED LAMB WITH MASHED POTATO

Lamb loin cooked gently at 52 C, then seared and smoked, with mashed potato and sauteed vegetables. It is a signature dish from Vertigo at the Banyan Tree in Bangkok.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	20 min	1 h	1 h 20 min	Involved	Mild

INGREDIENTS

FOR THE LAMB

600 g lamb loin, trimmed

Salt and pepper

30 ml olive oil

FOR THE MASHED POTATO

600 g floury potatoes, peeled and cut up

60 g butter

100 ml warm milk

FOR THE VEGETABLES

300 g seasonal vegetables, such as carrots, beans and baby corn

15 ml olive oil

Salt, to taste

METHOD

COOK THE LAMB

1 Rub the lamb with salt, pepper and olive oil and seal it in a bag. Cook in a water bath at 52 C for 40 minutes.

MAKE THE MASH

2 Boil the potatoes in salted water for 20 minutes until soft. Drain, mash with the butter and warm milk, and season.

COOK THE VEGETABLES

3 Saute the vegetables in olive oil over high heat for 4 to 5 minutes until just tender. Season.

SEAR AND PLATE

4 Take the lamb out of the bag, pat dry and sear in a very hot pan for 1 minute a side until browned. Rest for 3 minutes, then slice.

5 Plate the mash, then the lamb and the vegetables. For a smoky finish, cover the plated lamb briefly with a dome or bowl filled with a little wood smoke.

USEFUL SHORTCUTS FOR HOME COOKS

No water bath? Roast the lamb in a 120 C oven until the middle reaches 52 C, then sear.

Dry the lamb well before searing or it will not brown.

Rest the lamb, then slice across the grain.

The second dish Will cooks with Khun Kesinee at Vertigo, the rooftop restaurant at the Banyan Tree in Bangkok, is lamb loin. She marinates it with salt, pepper and olive oil, cooks it gently at 52 C, then sears it. The on-screen title calls it seared smoked lamb, and the pan is covered with a glass dome.It is plated with...