

LAMB TIMBALLO



PASTA

200 g Large pasta shapes e.g. penne / rigatoni, cooked ½ the required time, refreshed in cold water
2 large Eggs, beaten
2 tablespoons Pesto / tapenade / mushroom paste
½ cup Pecorino cheese, finely grated
2 cups White sauce, medium thickness

PASTRY

500 g Cake Flour
370 g Butter
80 ml Ice cold water

LAMB

1 tablespoon Olive oil
1 small Onion, finely chopped
200 g Mushrooms, sliced
100 g Ham, chopped
¼ cup Marsala
500 g Lamb, any leftover meat off the bone and roughly chopped
1 cup Lamb gravy of stock
½ teaspoon Salt
½ teaspoon Black pepper, freshly ground



Prepare the pastry:

1. Place the flour and roughly chopped butter in a food processor. Pulse until it resembles fine breadcrumbs. With the machine running add all the water at once and continue processing until a ball is formed.
2. Wrap the pastry in cling wrap and refrigerate for at least one hour. Roll out and line the base and sides of a 28cm springform cake tin with the pastry, chill for at least 30 minutes.
3. Preheat the Instant Vortex Plus VersaZone air Fryer. Select the Bake program and adjust the time setting to 15 minutes and set the temperature to 200 °C. Once pre-heated prepare to bake the pastry blind by placing a sheet of baking paper into the empty raw pastry shell and filling it with dry beans or rice then bake for 15 minutes until golden brown. Use the remainder of the pastry to make a lid and decorations.

Prepare the lamb filling:

4. Set the Instant Pot on the Sauté function. Add the oil and when hot add the onion and cook for 2-3 minutes until onion is softened. Add the mushrooms and sauté until the mushrooms are cooked and caramelized, add the ham and mix with the onion and mushrooms.
5. Deglaze the pot with the marsala, loosening all the bits on the base of the pot. Add the leftover lamb, and the gravy or stock. Secure lid and move vent up to Sealing Position. Select Meat/Stew function set timer to 15 minutes.
6. Allow manual release for 10 minutes, then carefully turn the Sealing vent down to release any remaining steam. Remove the meat with a slotted spoon and place in a bowl. Let the meat rest and cool down. Strain the liquid into a jug.

Prepare the pasta filling:

7. Mix the cooked pasta with the beaten egg, pesto and cheese.
8. Reserve the white sauce for assembling the timballo.

Assemble the Timballo:

9. Fill the pastry case with layers of the fillings: White sauce, Pasta, Leftover meat, Meat sauce
10. Cover the timballo with the pastry lid, prick with a fork to allow the steam to escape, glaze with an egg wash and decorate with the reserved pastry.
11. Preheat the Instant Vortex Plus VersaZone air Fryer. Select the Bake program and set the temperature to 180°C and the time to 30 minutes. Bake until the pastry is golden brown. Allow to cool for 10 minutes before unmolding.
12. Serve with a fresh garden salad or seasonal vegetables.



Recipes by Prof du Rond // Photographs by Michelle Parkin

A baked pastry case filled with a rich leftover lamb and mushroom sauce, pasta and bechamel cooked and served in one pot, the ideal dish for a loadshedding meal.

- YIELDS:** 4 - 6 servings
- PREP TIME:** 15 minutes (plus 1 hour resting)
- COOKING TIME:** 80 minutes
- TOTAL TIME:** 1 hour 75 minutes