

Leg of lamb with spicy "perfume"

Cuisine: **Other**
Food category: **Lamb/Mutton**



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Company: **Retigo**



Program steps

1

 Combination

 50 %

 Termination by core probe temperature

 72 °C

 130 °C

 70 %



2

 Hot air

 100 %

 Termination by time

 00:10 hh:mm

 170 °C

 40 %



Ingredients - number of portions - 6		
Name	Value	Unit
leg of lamb	2	kg
sumac spice	30	g
dried edible rose flowers	45	g
ground caraway	15	g
ground cinnamon	7	g
lemon peel	1	pcs
oil	20	ml
salt	13	g

Directions

Put the sumac, rose petals, cumin, cinnamon and lime peel into an electric food processor and let it chop into the smallest possible mixture. A mortar can also be used. Rub the lamb shoulder with oil and rub the seasoning mixture into the meat and add salt. Place on a baking sheet and bake on the given program.

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	539.1 kJ
Carbohydrate	0.5 g
Fat	30.5 g
Protein	64 g
Water	0 g

Recommended accessories



GN container Stainless
steel full



Enameled GN
container