

Lamb shank on vegetables

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

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Company: **Retigo**



Program steps

Preheating: 245 °C

1

Hot air

0 %

Termination by time

00:07 hh:mm

230 °C

100 %

2

Combination

80 %

Termination by time

02:30 hh:mm

130 °C

100 %

Ingredients - number of portions - 10		
Name	Value	Unit
lamb shank	10	pcs
root vegetables	650	g
onion	200	g
salt	30	g
olive oil	150	ml
freshly ground black pepper, ground	2	g
rosemary	20	g
water	1	l

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	34.6 kJ
Carbohydrate	6.9 g
Fat	0.3 g
Protein	0.9 g
Water	0 g

Directions

Dry the rinsed knees, salt and pepper them. Cut the cleaned vegetables and onions into cubes and place them in an enameled GN 1/1 100mm dish. Drizzle with oil. Place in a preheated oven and fry until browned. Then cover the knees and vegetables with water, add a sprig of rosemary and simmer (bake) in the combined mode at 130°C / 80% steam for approx. 2 hours. while the knee is stewing, pour over the juice and top up with water. Take out the soft knees, thicken the juice with a frying pan, boil, season, strain through a fine sieve. When serving, we blanch fresh root vegetables, fry them in butter. Pour the sauce over the knee, place the vegetables around it.

Recommended accessories



GN container Stainless
steel full



Enameled GN
container