

Lamb shank with bacon

Cuisine: **Czech**Food category: **Game**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

Preheating: **215 °C**

1	Hot air	100 %	Termination by time	00:15 hh:mm	190 °C	100 %	
2	Podlej vodou i vínem.	50 %	Termination by core probe temperature	94 °C	150 °C	80 %	

Ingredients - number of portions - 10

Name	Value	Unit
leg of lamb	2800	g
bacon diced	280	g
salt	40	g
onion	300	g
herbs	4	g
butter soft	120	g
wild spices	3	g
red wine	400	g
water	450	g

Directions

We pierce the lamb shank with half the amount of bacon, season lightly with salt and pepper.

Cut the other half of the bacon into cubes and place on a greased GN, add diced onion and chopped lamb shank.

Prepare the shanks by frying them in the first step and stewing them until tender in the second step.

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	807.9 kJ
Carbohydrate	4 g
Fat	60.5 g
Protein	54.3 g
Water	0 g

Recommended accessories



Enameled GN
container