

Lamb shank on bacon

Cuisine: Czech

Food category: Game



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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.							
	Combination	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

Pierce the lamb shanks with half the bacon, lightly salt and pepper. Cut the other half of the bacon into cubes and put it on an enameled GN, add the onion cut into cubes and the skewers. In the first step, we roast the prepared knuckles and in the second step we steam them until soft.

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