

Lamb shank with potato and jerusalem artichoke mash

Cuisine: **English**

Food category: **Lamb/Mutton**



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Company: **Retigo**



Program steps

Preheating: **250 °C**

1	Hot air	100 %	Termination by time	00:02 hh:mm	220 °C	+ 100 %	
2	Remove the shanks and put vegetables in						
	Combination	70 %	Termination by time	04:00 hh:mm	130 °C	+ 100 %	
3	Remove the GN container with vegetables and place potatoes and j.artichoke in						
	Steaming		Termination by time	00:20 hh:mm	99 °C	+ 50 %	

Ingredients - number of portions - 8

Name	Value	Unit
lamb shank	4	kg
5 tbsp vegetable oil	50	ml
onion	150	g
celery sticks	2	pcs
carrot	2	pcs
garlic cloves, finely chopped	3	pcs
dry red wine	400	ml
tomato puree	20	g
rosemary sprig	2	pcs
bay leaf	2	pcs
chicken stock	800	ml

Nutrition and allergens

Allergens: 9

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

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

Directions

For the lamb shanks, season and oil them all over and sear them in a Retigo combi oven set on hot air mode 220°C for 2 minutes using enamelled GN container 100 mm. Take the lamb shanks out of the GN container.

Add the oil onions, celery and carrots to the GN container. Reduce the temperature to 190°C and cook for 6 minutes, adding the garlic for the last minute.

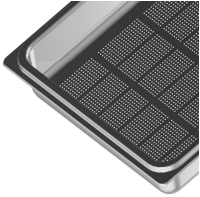
Add the wine and cook it down for a minute. Now add the tomato purée, then the rosemary and bay leaf. Season well with salt and pepper.

Return the lamb shanks to the GN container, pour over the stock and cover with a lid. Set the combi oven to combination mode 130°C, 70% humidity, fan speed 60%, for 4 hours.


Prepare the mash. Steam the potatoes and jerusalem artichoke in a stainless stell GN container using the steam mode 99°C for 20 minutes . Warm the milk and butter in a small pan until just boiling then remove from the heat. Transfer the cooked potatoes and jerusalem artichokes into a bowl and add the milk and butter mixture and mash until smooth. Season it. When the lamb shanks are cooked remove them from the sauce, pass the sauce through a sieve and place in a pot and reduce it to a thick cosistence.

Nutritional value of one portion	Value
Energy	1015.9 kJ
Carbohydrate	2.3 g
Fat	65.1 g
Protein	95.2 g
Water	0 g

Recommended accessories



GN container Stainless steel perforated



Enameled GN container