

Neck of lamb with lemon and thyme

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



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Company: **Retigo**



Program steps

Preheating: 180 °C

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Combination

70 %

Termination by core probe temperature

80 °C

140 °C

100 %

Ingredients - number of portions - 6		
Name	Value	Unit
neck of lamb	1	kg
lemon juice	2	pcs
a sprig of thyme	7	pcs
water	200	ml
salt	2	g
freshly ground black pepper, ground	1	g

Directions

Preheat the Retigo combi oven on combi mode 70%, 140°C, core probe to 80°C. Place the lamb into an enameled GN container, add the lemon juice, thyme, water or stock, a little salt, and plenty of pepper, and place it in the oven.

Serve with plenty of good white bread and perhaps a simple Greek-style tomato and onion salad.

Nutrition and allergens	
Allergens:	
Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	191.7 kJ
Carbohydrate	0.1 g
Fat	7 g
Protein	31.5 g
Water	0 g

Recommended accessories



Enameled GN
container