Lamb vindaloo



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



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Company: **Retigo**

Program steps

Preheating: 105 °C

1	Combination		50	%	Termination by time		01:30	hh:mm	90	°C	100	%

Ingredients - number of portions - 8

Name	Value	Unit
cinnamon stick	1	pcs
clove	4	pcs
coconut milk	300	ml
caraway seeds	2	g
cloves garlic, finely chopped	6	pcs
ginger root, peeled and finely chopped	20	g
leg of lamb	500	g
mustard seed	2	g
onion	1	pcs
vegetable oil	30	g
whole black pepper	6	pcs
dried chili flakes	3	g
salt	5	g
caster sugar	3	g
white wine vinegar	100	ml

Directions

1. Salt the lamb and chill for an hour.
2. In a food processor, blend the vinegar, coconut milk, chili, pepper, garlic, cloves, cinnamon, cumin, mustard and sugar.
3. Combine the mixture to the lamb and marinate for 4–6 hours.
4. Set the oven on combi at 90°C.
5. Cook under a lid for 90 minutes or until tender.

Nutrition and allergens

Allergens:
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	140.1 kJ
Carbohydrate	1 g
Fat	9.6 g
Protein	12.1 g
Water	0 g

Recommended accessories



Enameled GN container