

Braised lamb shank

Cuisine: **German**Food category: **Lamb/Mutton**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**

Program steps

1 Sous-vide Garen

Combination	50 %	Termination by time	12:00 hh:mm	80 °C	50 %	
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2 Haxen aus dem Neutel entnehmen und Grillen

Hot air	50 %	Termination by time	00:12 hh:mm	220 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
lamb shanks	10	pcs
carrot	200	g
celery root	100	g
leek	200	g
jus	0.5	l
cloves garlic, finely chopped	4	pcs
rosemary	10	g
thyme	8	g
sea-salt	20	g
ground black pepper, ground	3	g

Directions

Season the lamb shanks with salt and pepper, cut the vegetables into approx. 1 cm pieces and crush the garlic cloves with a knife. Put all the ingredients, including the rosemary and thyme, in the vacuum bag (please choose a generous size) and vacuum seal and cook sous-vide in the combi steamer as follows: Combi steam mode, 50% humidity, 80°C, 12-24 hours, 50% fan speed. The cooking time should be at least 12 hours; optimal results are achieved after 24 hours. After cooking, you can prepare a suitable sauce from the pure meat juice (essence) that remains in the bag (add a little jus if necessary). To achieve the right roasted flavors, the knuckle is grilled in a combi steamer at high heat (220 °C) before serving. Bacon beans and boiled potatoes go well as side dishes.

Nutrition and allergens

Allergens: 9

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

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	24.8 kJ
Carbohydrate	4.2 g
Fat	0.3 g
Protein	0.8 g
Water	0 g