

# Braised lamb shank

Cuisine: German

Food category: Lamb/Mutton



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## Program steps

### 1 Sous-vide Garen

Combination
 50 %
 Termination by time
 12:00 hh:mm
 80 °C
 + 50 %

### 2 Haxen aus dem Neutel entnehmen und Grillen

Hot air
 50 %
 Termination by time
 00:12 hh:mm
 220 °C
 + 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
lamb shank	10	pcs
carrot	200	g
celeriac	100	g
leek	200	g
jus	0.5	l
garlic cloves, finely chopped	4	pcs
rosemary	10	g
thyme	8	g
sea-salt	20	g
freshly 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