

# Low-Cooked Lamb Ribs

Cuisine: Chinese

Food category: Lamb/Mutton



Author: Gary CHIU

Company: Retigo Asia



## Program steps

Preheating: 65 °C

1	Steaming		Termination by time	02:00	hh:mm	50 °C	+ 80 %	
2	Combination	30 %	Termination by time	02:00	mm:ss	250 °C	+ 90 %	

## Ingredients - number of portions - 10

Name	Value	Unit
lamb ribs	1	kg

## seasoning recipe

Name	Value	Unit
olive oil	300	ml
freshly ground black pepper, ground	5	g
sea-salt	3	g
bay leaf	2	g
rosemary	3	g
garlic	10	g
dry white wine	100	ml
president's cream	50	g
dried shallots	10	g

## Nutrition and allergens

Allergens:

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

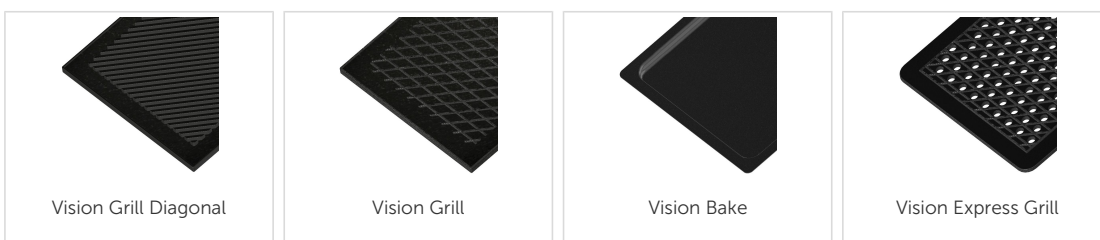
Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	167.5 kJ
Carbohydrate	1.3 g
Fat	8.1 g
Protein	20.3 g
Water	0 g

## Directions

- ◇ Put the lamb ribs (2 ribs, thickness 5cm) in a vacuum bag after seasoning and massage, pour in oil and spices and vacuum
- ◇ Refrigerate and marinate for at least 3 hours before making, do not stack and press when storing
- ◇ Before low-temperature steaming, put the vacuum bag at room temperature in advance, and then start to make more accurate
- ◇ Shufei completes direct frying and roasting without refrigeration to cool down, avoiding blood loss and heat inside and outside
- ◇ Adsorb surface moisture before frying, the drier the surface, the better the coloring effect
- ◇ Preheat the frying pan, quickly fry the lamb ribs, and the cut surface will be evenly pink

## Recommended accessories



Vision Grill Diagonal

Vision Grill

Vision Bake

Vision Express Grill