


Irish Stew

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



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Company: **Retigo**





Program steps


Preheating: 210 °C


1


 Hot air


 0 %

 Termination by time


 00:10 hh:mm


 200 °C


 100 %





2


 Combination


 80 %

 Termination by time

 04:00 hh:mm

 140 °C

 60 %



Ingredients - number of portions - 8		
Name	Value	Unit
Lamb neck fillet	500	g
flour	20	g
olive oil	5	ml
white onion	2	pcs
potatoes	400	g
Chantenay Carrots	300	g
Lamb Stock	750	l

Nutrition and allergens	
Allergens:	
Minerals: Ca, 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	416 kJ
Carbohydrate	12.6 g
Fat	2.9 g
Protein	13.3 g
Water	0 g

Directions

Place a deep G/N container (at least 200ml) into the oven with the olive oil and pre-heat the oven.

While this is pre-heating, place the diced lamb into the seasoned flour, shake off any excess flour, then add to the pre-heated oil, stir in all the meat until it's covered, then add the rest of the ingredients to the container and cook for 4 hours.

Stir occasionally while cooking

Recommended accessories



GN container Stainless
steel full