

Irish Stew

Cuisine: English

Food category: Lamb/Mutton

Author: [Phil Smith](#)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

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

Nutrition and allergens

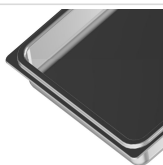
Allergens:

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

Recommended accessories



GN container Stainless steel full