

Leg of lamb with spicy "perfume"

Cuisine: Other

Food category: Lamb/Mutton



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Program steps

1	Combination	50 %	Termination by core probe temperature	72 °C	130 °C	70 %	
2	Hot air	100 %	Termination by time	00:10 hh:mm	170 °C	40 %	

Ingredients - number of portions - 6

Name	Value	Unit
leg of lamb	2	kg
sumac spice	30	g
dried edible rose flowers	45	g
ground caraway	15	g
ground cinnamon	7	g
lemon peel	1	pcs
oil	20	ml
salt	13	g

Directions

Put the sumac, rose petals, cumin, cinnamon and lime peel into an electric food processor and let it chop into the smallest possible mixture. A mortar can also be used. Rub the lamb shoulder with oil and rub the seasoning mixture into the meat and add salt. Place on a baking sheet and bake on the given program.

Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	539.1 kJ
Carbohydrate	0.5 g
Fat	30.5 g
Protein	64 g
Water	0 g

Recommended accessories

GN container Stainless steel full	Enameled GN container