

Neck of lamb with lemon and thyme

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




Author: **Jaroslav Mikoška**
Company: **Retigo**





Program steps


Preheating: 180 °C


1


Combination


70 %

Termination by core probe temperature

80 °C

140 °C

100 %



Ingredients - number of portions - 6		
Name	Value	Unit
neck of lamb	1	kg
lemon juice	2	pcs
a sprig of thyme	7	pcs
water	200	ml
salt	2	g
freshly ground black pepper, ground	1	g

Nutrition and allergens	
Allergens: Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	191.7 kJ
Carbohydrate	0.1 g
Fat	7 g
Protein	31.5 g
Water	0 g


Directions

Preheat the Retigo combi oven on combi mode 70%, 140C, core probe to 80C. Place the lamb into an enammeld GN container,

add the lemon juice, thyme, water or stock, a little salt and plenty of pepper and place it in the oven.

Serve with plenty of good white bread and a perhaps a simple Greek style tomato and onion salad.

Recommended accessories



Enameled GN container