

Chicken knee with vegetables

Cuisine: **Czech**

Food category: **Lamb/Mutton**

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Company: **Retigo**



Program steps

Preheating: 245 °C

1	Hot air	0 %	Termination by time	00:07 hh:mm	230 °C	+ 100 %	
2	Combination	80 %	Termination by time	02:30 hh:mm	130 °C	+ 100 %	

Ingredients - number of portions - 10

Name	Value	Unit
lamb shank	10	pcs
root vegetables	650	g
onion	200	g
salt	30	g
olive oil	150	ml
freshly ground black pepper, ground	2	g
rosemary	20	g
water	1	l

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, Kyselina listová

Nutritional value of one portion	Value
Energy	34.6 kJ
Carbohydrate	6.9 g
Fat	0.3 g
Protein	0.9 g
Water	0 g

Directions

We rinse the knees, dry them, salt them, and pepper them. We clean the vegetables and onion, cut them into cubes, and place them with the knees in an enameled GN 1/1 100mm deep pan. We drizzle with oil. We place in a preheated oven and roast until colored.

Then we pour water over the knees and vegetables, add a sprig of rosemary, and braise (or bake) in a combi mode at 130°C / 80% steam for about 2 hours. During braising, we baste the knees with the liquid and add water as needed. We remove the soft knees, thicken the liquid with a roux, reduce it, season, and strain through a fine sieve. When serving, we sauté fresh root vegetables in butter. We pour the sauce over the knee and arrange the vegetables around it.

Recommended accessories



GN container Stainless
steel full



Enameled GN
container