

# Lamb shank with bacon

Cuisine: **Czech**  
Food category: **Game**



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Company: **Retigo**



## Program steps

Preheating: 215 °C

1

 Hot air

 100 %

 Termination by time

 00:15 hh:mm

 190 °C

 100 %



2

Podlej vodou i vínem.

 Combination

 50 %

 Termination by core probe temperature

 94 °C

 150 °C

 80 %



## Ingredients - number of portions - 10

| Name        | Value | Unit |
|-------------|-------|------|
| leg of lamb | 2800  | g    |
| bacon diced | 280   | g    |
| salt        | 40    | g    |
| onion       | 300   | g    |
| herbs       | 4     | g    |
| butter soft | 120   | g    |
| wild spices | 3     | g    |
| red wine    | 400   | g    |
| water       | 450   | g    |

## Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, 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                           | 807.9 kJ |
| Carbohydrate                     | 4 g      |
| Fat                              | 60.5 g   |
| Protein                          | 54.3 g   |
| Water                            | 0 g      |

## Directions

We pierce the lamb shank with half the amount of bacon, season lightly with salt and pepper.  
Cut the other half of the bacon into cubes and place on a greased GN, add diced onion and chopped lamb shank.  
Prepare the shanks by frying them in the first step and stewing them until tender in the second step.

## Recommended accessories



Enameled GN  
container