

Lancashire hotpot

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



Author: Jaroslav Mikoška


Company: Retigo


Program steps


Preheating:


135 °C


1


 Hot air


 100 %

 Termination by time


 01:30 hh:mm


 120 °C


 100 %



2

 Golden touch

 180 °C

 100 %

Ingredients - number of portions - 8

Name	Value	Unit
butter soft	80	g
mutton shoulder steaks	1	kg
lamb kidneys	4	pcs
onion	1	pcs
carrot	2	pcs
celery sticks	1	pcs
plain wheat flour	30	g
worcester	20	ml
veal stock	400	ml
bay leaf	1	pcs
potatoes	1	kg

Nutrition and allergens

Allergens: 1, 7, 9
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	344.4 kJ
Carbohydrate	26.5 g
Fat	13.3 g
Protein	27.7 g
Water	0 g

Directions

- Sear the mutton (boned, trimmed of fat and cut in chunks) and the kidneys in a buttered Dutch oven. Set aside.
*lamb kidneys, cleaned, trimmed of fat and thinly sliced.
- In the same pot, soften the onion, peeled and diced carrots and celery on medium heat. Keep stirring for a few minutes.
- Add some flour and stir until it starts gaining some colour.
- Deglaze with Worcestershire sauce, pour the stock and lower the heat to a minimum as soon as the pot starts showing signs of boiling. Reintroduce the meat and kidneys. Let the pot reduce to a point where the liquid barely covers the solid contents of the pot.
- Set the oven on dry heat at 120°C.
- Lay out half the potatoes on a greased ovenproof dish. Layer the contents of the Dutch oven onto the potatoes. Cover the meat with a layer of the remaining potatoes.
- Cook for 90 minutes or until the top layer of potatoes has softened.
- Crank up the heat to 180°C, using Golden Touch function.
- Cook for 10 minutes or until the potatoes gain a nice and golden colour.

Recommended accessories



Enameled GN
container