

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

1. 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.

2. In the same pot, soften the onion, peeled and diced carrots and celery on medium heat. Keep stirring for a few minutes.

3. Add some flour and stir until it starts gaining some colour.

4. 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.

5. Set the oven on dry heat at 120°C.

6. 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.

7. Cook for 90 minutes or until the top layer of potatoes has softened.

8. Crank up the heat to 180°C, using Golden Touch function.

9. Cook for 10 minutes or until the potatoes gain a nice and golden colour.

Recommended accessories



Enameled GN
container