

# Braised lamb shank

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



Author: **Retigo Team Deutschland**  
Company: **RETIGO Deutschland GmbH**



## Program steps

- 1

Sous-vide Garen

 Combination

 50 %

 Termination by time

 12:00 hh:mm

 80 °C

 50 %


- 2

Haxen aus dem Neutel entnehmen und Grillen

 Hot air

 50 %

 Termination by time

 00:12 hh:mm

 220 °C

 100 %



| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| lamb shank                            | 10    | pcs  |
| carrot                                | 200   | g    |
| celeriac                              | 100   | g    |
| leek                                  | 200   | g    |
| jus                                   | 0.5   | l    |
| garlic cloves, finely chopped         | 4     | pcs  |
| rosemary                              | 10    | g    |
| thyme                                 | 8     | g    |
| sea-salt                              | 20    | g    |
| freshly ground black pepper, ground   | 3     | g    |

| Nutrition and allergens                                      |         |
|--------------------------------------------------------------|---------|
| Allergens: 9                                                 |         |
| 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                                                       | 24.8 kJ |
| Carbohydrate                                                 | 4.2 g   |
| Fat                                                          | 0.3 g   |
| Protein                                                      | 0.8 g   |
| Water                                                        | 0 g     |

Directions

Season the lamb shanks with salt and pepper, cut the vegetables into pieces about 1 cm in size and crush the garlic cloves with a knife. Place all ingredients, including rosemary and thyme, in the vacuum bag (please choose a large one) and vacuum seal, then cook sous-vide in the combi steamer as follows: combi steam mode, 50% humidity, 80°C, 12-24 hours, 50% fan speed. The cooking time should be at least 12 hours, with optimal results achieved after 24 hours. After cooking, you can prepare a suitable sauce from the pure meat juice (essence) remaining in the bag (possibly diluted with a bit of jus). For the appropriate roasted flavors, the shank should be grilled in the combi steamer at high heat (220°C) before serving. As side dishes, bacon beans and boiled potatoes are suitable.