

Leg of lamb with spicy "perfume"

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



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Company: **Retigo**



Program steps									
1	 Combination	 50 %	 Termination by core probe temperature	 72 °C	 130 °C	 70 %			
2	 Hot air	 100 %	 Termination by time	 00:10 hh:mm	 170 °C	 40 %			

Ingredients - number of portions - 6		
Name	Value	Unit
leg of lamb	2	kg
sumac spice	30	g
dried edible rose flowers	45	g
ground caraway	15	g
ground cinnamon	7	g
lemon peel	1	pcs
oil	20	ml
salt	13	g

Directions

Put the sumac, rose petals, cumin, cinnamon and lime peel into an electric food processor and let it chop into the smallest possible mixture. A mortar can also be used. Rub the lamb shoulder with oil and rub the seasoning mixture into the meat and add salt. Place on a baking sheet and bake on the given program.

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	539.1 kJ
Carbohydrate	0.5 g
Fat	30.5 g
Protein	64 g
Water	0 g

Recommended accessories



GN container Stainless
steel full



Enameled GN
container