

Overnight Sous Vide Lamb stuffed with olives and chorizo

Cuisine: **English**

Food category: **Lamb/Mutton**



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Company: **Retigo**

Program steps

1	Combination	50 %	Termination by time	00:00 hh:mm	58 °C	40 %	
2	Golden touch				230 °C	100 %	

Ingredients - number of portions - 8

Name	Value	Unit
Lamb Leg	2	kg
Olives	160	g
Chorizo	150	g
Fresh rosemary sprig	20	g
Fresh Thyme - bunch	20	g

Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Niacin, Riboflavin, Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Vitamin K

Nutritional value of one portion	Value
Energy	736.6 kJ
Carbohydrate	2 g
Fat	59.8 g
Protein	67.3 g
Water	174.2 g

Directions

Bone out the leg of lamb and keep the bone to one side. Then butterfly out the leg as required then put a mixture of diced chorizo and chopped olives onto the lamb and rub to smooth over. Roll the leg with the filling inside, then place into the sous vide bag. Place the rosemary and thyme sprigs onto the lamb and turn the bag over and do the same to the other side. Place the bone into the bag next to the leg. Now vacume the leg. Place the leg into the Retigo oven on the wire shelf and set the oven to cook as per stage one above. When you are ready, remove the lamb from the oven and then select stage two (Golden Touch). Now open the bag and remove the lamb leg and bone. Take off the rosemary and thyme sprigs and place the leg onto a Vision Bake tray and place into the oven when ready. The bone can be used for the gravy. When ready, serve the lamb with roasted new potatoes and mixed vegetables.

Recommended accessories



Vision Bake



Stainless wire shelving