

Irish Stew

Cuisine: English
Food category: Lamb/Mutton



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Company: Retigo



Program steps

Preheating:

210 °C

1	Hot air	0 %	Termination by time	00:10 hh:mm	200 °C	100 %	
2	Combination	80 %	Termination by time	04:00 hh:mm	140 °C	60 %	

Ingredients - number of portions - 8

Name	Value	Unit
Lamb neck fillet	500	g
flour	20	g
Olive oil	5	ml
Leeks	2	pcs
potatoes	400	g
Chantenay Carrots	300	g
Lamb Stock	750	l

Nutrition and allergens

Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	44 kJ
Carbohydrate	9.5 g
Fat	0.1 g
Protein	1 g
Water	0 g

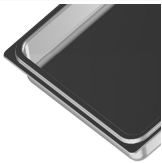
Directions

Place a deep G/N container (at least 200ml) into the oven with the olive oil and pre-heat the oven.

While this is pre-heating, place the diced lamb into the seasoned flour, shake off any excess flour, then add to the pre-heated oil, stir in all the meat until it's covered, then add the rest of the ingredients to the container and cook for 4 hours.

Stir occasionally while cooking

Recommended accessories



GN container Stainless steel full