

# RECIPE

## CRAFT/INDUSTRY

### THRONE OF BONE - Sous Vide Lamb Crown/Karree



#### material combination:

lamb crown, lamb karree

#### RAPS products per kg mass:

**20-25 g** THRONE OF BONE – Sous-vide Lammfleisch Art.Nr.: 30904  
**Ev. 10-20 g** vegetable oil

#### Production:

1. Rub pieces of meat with spice mixture.
2. Vacuum packaging (Bags must be suitable for cooking).
3. Let it infuse at least 24 hours.
4. Cook it at 58-60 °C for 12-14 h.
5. Cool down as quick as possible (the best would be ice water).

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## CRAFT/INDUSTRY



### Preparation pan/grill:

- Remove the meat from the refrigeration for approx. 30 minutes and let it rest.
- Fry well in a pan or on the grill for 20-25 min. from all sides with some oil – with cover on the pan/grill.

TIP: At the end of the cooking time, add the butter and stir several times.

### Preparation convection ovens:

- Remove the meat from the refrigeration for approx. 30 minutes and let it rest.
- Fry at 180 °C for 20-25 min.
- If the colour is not satisfying yet, encrust with 200-220 °C for 2-4 min.

### Tip:

Some **butter** can be added during vacuum packaging. This improves the taste and gives you a little more sauce.