

RECIPE

CRAFT/INDUSTRY

THRONE OF BONE - Sous Vide Lamb Shanks



material combination:

lamb shank

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 (can also be done in a tumbler).
2. Vacuum packaging (Bags must be suitable for cooking).
3. Let it infuse at least 24 hours.
4. Cook in a kettle at 74 °C for 14-16 h.

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Preparation:

- Remove the meat from the refrigeration for approx. 30 minutes.
- Fry at 180 °C for 20-35 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.