

Lamb Shank “Kuah Kari”



 56:45




This recipe is available for:

- Convotherm mini


Accessories:


1/1 GN Stainless steel pans, unperforated, 60 mm deep, 3013030

P R O F I L E

-  Chilled 4°C
-  1 Full Tray
-  From Raw

Stage 1
160 °C

 Combi-steam

 03:00 | -

 2

 1

R E C I P E

Ingredients

- 4 pcs Lamb Fore Shank á 500 g
- 3 l Vegetables Stock
- 4 pcs Lemongrass
- 8 pcs Lime Leaf
- 2 pcs Cinnamon Stick
- 6 pcs Cardamom
- 10 pcs Clove
- 4 pcs Onion
- 2 tbs Ginger, chopped
- 2 tbs Garlic, chopped
- 1 tsp Turmeric Powder
- 1 tsp Chili Powder
- 1 tsp Cumin Powder
- 1 tsp Coriander Powder
- 2 tbs Yoghurt Plain
- 4 pcs Tomato
- 1 pcs Curry leaf
- 0,5 tsp Black Pepper, crushed
- 2 tbs Meat Curry Powder
- 100 ml Cooking Oil
- 1 tbs Salt

1. Food Preparation

Wash and clean lamb shank, arrange lamb shank in GN 1/2 combine all other ingredients, stir it make sure it's mixed well. Cover with tray.

2. Cooking Instruction

Preheat Oven as per oven setting

3. Food Serving Instruction

Served with Steamed Rice or baby Potato and Fried Curry Leaf

Note: Information emanates from Webinars and is provided with all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food safe core temperature has been achieved prior to service.