

Lamb Marrowbone Soup - Soup Kambing



eikon® e2s

01:00

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)
Ceramic Soup Cup

PROFILE

- 275 °C
- Chilled 4°C
- 1 Portion
- Partially Cooked

Stage 1

- 01:00
- 10 %
- 100 %

RECIPE

Ingredients

20	ml	Oil
30	g	Onion Red chopped
1	pcs	Cinnamon Stick
3	pcs	Clove
1	pcs	Star Anise
1	pcs	Green Cardamom
1	pcs	Pandan Leaf
2	pcs	Lamb Bone with Meat
1	tsp	Curry Powder
0.5	tsp	Ginger Garlic Paste
1	tsp	Oatmeal
1	pinch	White Pepper Powder
1	pinch	Salt
1000	ml	Water
1	tbs	Chinese Parsley chopped
1	tbs	Fried Onions
1	pcs	Roti Prata FROZEN

1. Food Preparation

Heat the oil in a pot and add onions, cinnamon, clove, anise, cardamom and pandan leaf. When the onions turn golden brown add curry, ginger garlic paste, oatmeal and white pepper. Let it roast for 20 seconds, add the water and lamb and let it simmer till the lamb meat is soft. Take the lamb out and cut the meat in equal cubes, strain the soup, bring the meat back to soup, season it with salt and pepper and chill it. Pour a portion (220 ml / 7,5 oz/fl) cold soup with parsley and fried onions into a soup cup and cover it with the frozen prata. Press the prata lightly on the edges of the cup. Place the cup on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cup from the tray and serve.