Stout Lamb Stew en Croute

eikon e2s

00:55

This recipe is available for:
- eikon® e2s HP (2000W)

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

PROFILE

275 °C	Stage 1
Chilled 4°C	00:55
1 Portion	10 %
Partially Cooked	100 %

RECIPE

Ingredients

907.18	g	Diced Leg of Lamb
473.18	ml	Irish Stout Beer
1	tbs	Fresh Rosemary (picked and chopped)
1	tbs	Fresh Thyme (picked and chopped)
1	tbs	Fresh Parsley (picked and chopped)
3	pcs	Bay Leaves
3	pcs	Medium Carrots (Diced)
1	pcs	Medium Yellow Onion (Diced)
0.47	cup	Rutabaga (Diced)
0.47	cup	Turnip (Diced)
0.95	cup	All-Purpose Flour
1.89	cup	Beef Stock
0.95	cup	White Potatoes (Diced, boiled separately)
1	pinch	Salt & Pepper to taste
1	pcs	Puff Pastry Sheet
14.79	ml	Egg Wash
1	tsp	Sesame Seeds

1. Food Preparation

Marinate the Diced Lamb in half of the Stout, Rosemary, Thyme, Parsley and Bay Leaves overnight. Next day, drain beef from liquid and reserve the liquid for later. Season beef with salt and pepper lightly and add the other half of the herbs, cook in a stock pot until brown (uncovered). Add all vegetables (not potatoes) to the pot and cook for about 8 minutes on medium heat or until the vegetables start to brown. Add flour and cook for 3 minutes. Deglaze pan with Guinness, beef stock and left over marinade bring to a boil and then simmer for 1 hour. In a separate pot cook your diced potatoes in salted water until done (the reason I do this separately is to ensure that the potatoes do not fall apart in the stew). Check tenderness of Lamb, remove from heat, add cooked potatoes and chill. Fill oven safe ceramic or eathernware dish with 4 ounces (115g) of stew. Cut puff pastry to size of dish and stretch over sides, brush with egg wash and top with sesame seeds. Refrigerate until order. By order place the dish on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the dish from the tray and serve.

Note: Information emanating from Welbilt is given after exercise of 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 save core temperature has been achieved prior to service.