

ROAST LAMB

in mint sauce with green beans and mashed potatoes

Preparation for 10 portions

Roast lamb:

Blend the lamb with lamb fond to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mass into a "Meat Slice" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Green beans:

Blend the green beans and stock to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Green Beans" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Add the GELEAhot and bring to the boil once while stirring continuously. Use 2 spoons to form the mass into dumplings, place on a baking tray then refrigerate for approx. 30 minutes at +6°C.

Mint sauce:

Make the mint sauce according to the instructions.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the mint sauce over the roast lamb.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients

500 g
750 ml
50 g

Roast lamb

Lamb (cooked)
Lamb fond
GELEAhot

Ingredients

500 g
500 ml
40 g

Green beans

Green beans (frozen)
Vegetable stock
GELEAhot

Ingredients

600 g
250 ml
150 ml
40 g

Mashed potatoes

Boiled potatoes
Milk (cold)
Melted butter
GELEAhot
Salt, nutmeg

Nutrition facts per 100 g

Energy/ Calories	464 kJ/ 111 kcal
Fat Of which saturates	7,9 g 4,6 g
Carbohydrates Of which sugars	5,8 g 1,2 g
Fibre	2,7 g
Protein	4,4 g
Salt	0,5 g

