

Slow Cooked

LAMB BOURGIGNON



INGREDIENTS

AVO Bourguignon Sauce

AVO Winter Rub (3%)

AVO Sous Vide Binder (3%)

Lamb Shanks

Mushrooms

Carrot (steamed or tinned)

Pearl Silverskin Onions



METHOD

1. Coat **lamb shanks** with **sous vide binder** and **winter rub** and place in sous vide cooking bag.
2. Cook for 5 hours at 90c and 100% steam. Once cooked, cool quickly in blast chiller or ice bath.
3. Combine **mushrooms, carrots** and **pearl silverskin onions** in a bowl and add **Bourguignon sauce**.
4. Spoon veg mix in bottom of tray and place cooked lamb shank on top.
5. Finish by pouring some **bourguignon sauce** over lamb shank and add a sprig of **rosemary** for garnish.



SERVING SUGGESTION

1. Steamed greens and buttery mash potato.



For allergen information, please refer to the relevant product specification.



OVEN



BUTTERY MASH

A French classic made simple, this rich and hearty dish combines tender lamb with a deep, velvety sauce and earthy vegetables.

Perfect for cosy evenings or impressing guests with minimal effort.