

Calves liver with bacon and onion

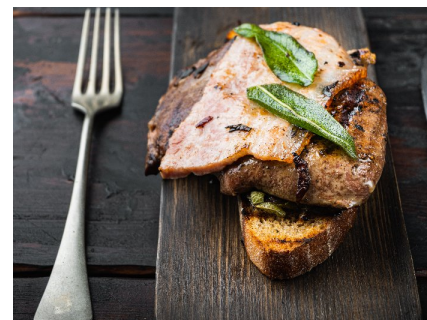
Cuisine: English

Food category: Beef



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 220 °C

| | | | | | | | |
|---|---------------------------------------|------|---------------------|-------------|--------|---------|--|
| 1 | Combination | 50 % | Termination by time | 00:07 hh:mm | 200 °C | + 100 % | |
| 2 | remove the bacon and put the onion in | | | | | | |
| | Combination | 50 % | Termination by time | 00:05 hh:mm | 200 °C | + 100 % | |
| 3 | remove the onion and put the liver in | | | | | | |
| | Combination | 50 % | Termination by time | 00:02 hh:mm | 200 °C | + 100 % | |

Ingredients - number of portions - 1

| Name | Value | Unit |
|-----------------------------|-------|------|
| red onion | 1 | pcs |
| sage | 2 | pcs |
| bacon, minced | 2 | pcs |
| veal liver | 130 | g |
| red wine vinegar | 10 | ml |
| olive oil | 10 | ml |
| salt | 1 | g |
| ground black pepper, ground | 1 | g |

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, I, K, Mg, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 177.6 kJ |
| Carbohydrate | 5.6 g |
| Fat | 6.6 g |
| Protein | 24.8 g |
| Water | 0 g |

Directions

Preheat the combi oven and set on a combi mode 200°C, 50% humidity, 7 minutes. Place the vision pan with bacon into the preheated combi oven. When done, remove the bacon and put peeled and sliced red onion into the same vision pan and set the timer for 5 minutes. When finished, remove the onion and put seasoned and sliced calves liver with leaves of sage into the same vision pan with addition of olive oil and set the timer for minutes. When done, remove the liver and sage, place on a plate, top with red onion, bacon and sage. Serve with slice of bread or mash potato.

Recommended accessories



Vision Pan