

Beef broth

Cuisine: **English**
Food category: **Beef**



Author: **Jaroslav Mikoška**


Company: **Retigo**





Program steps


Preheating: 220 °C


1


 Hot air


 100 %

 Termination by time

 00:07 hh:mm


 220 °C


 100 %





2


Remove the bones and place the broth in


 Hot air


 100 %

 Termination by time

 12:00 hh:mm

 110 °C

 70 %



Ingredients - number of portions - 10		
Name	Value	Unit
calf bone	1	kg
duck skeleton	1	kg
5 tbsp vegetable oil	10	ml
water	3	l
carrot	200	g
celeriac	100	g
parsley root	100	g
leek	100	g
onion	2	pcs
tomato	1	pcs
garlic cloves, finely chopped	3	pcs
sprig of parsley	30	g
thyme	10	g
allspice	1	pcs
whole black pepper	8	pcs
bay leaf	3	pcs
salt	3	g

Nutrition and allergens

Allergens: 9

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn


Vitamins: A, B, C, D, E, K, Kyselina listová

Directions

Peel the root vegetables and cut into chunks. Clean the leek and cut in half. Rinse the bones, dry and brush with vegetable oil and place them on a GN container and put in the Retigo combi oven for about 7 minutes on 220°C on hot air. Place the bones, ribs, all the vegetables, herbs, spices and water into the deep 200mm GN container or you can use a big pot that you are able to fit into the Retigo combi oven. Set hot air, 110°C for 12 hours. Do not cover the GN container.

Nutritional value of one portion	Value
Energy	243.5 kJ
Carbohydrate	4.6 g
Fat	16.2 g
Protein	20 g
Water	0 g

Recommended accessories



GN container Stainless steel full