

# Beef broth

Cuisine: English

Food category: Beef



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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

## 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.

## 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

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