

Braised beef goulash

Cuisine: **Czech**Food category: **Beef**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

Preheating: **205 °C**

1 Vložte GN s masem

Hot air	100 %	Termination by time	00:10 hh:mm	180 °C	100 %	
---------	-------	---------------------	-------------	--------	-------	--

2 Zalijte hotovým základem

Hot air	100 %	Termination by time	01:15 hh:mm	150 °C	80 %	
---------	-------	---------------------	-------------	--------	------	--

Ingredients - number of portions - 10

Name	Value	Unit
beef shin	1500	g
pork lard	150	g
onion	850	g
ground red pepper	30	g
tomato puree	60	g
freshly ground black pepper, ground	3	g
caraway seeds	2	g
allspice	1	g
salt	35	g
plain wheat flour	80	g
garlic	10	g
marjoram	2	g

Nutrition and allergens

Allergens: 1

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

Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	459.1 kJ
Carbohydrate	17.5 g
Fat	27.7 g
Protein	32.5 g
Water	0 g

Directions

Rinsed meat is cut into cubes, lightly salted, and mixed with half of the melted lard in an enameled GN. In the first step of the program, we sear it.

Finely chopped onion is sautéed until golden in the second half of the lard, we add tomato purée, paprika, and sauté with the flour. We deglaze with water and fully season with all the remaining ingredients and thicken.

This thickened and concentrated base is poured over the seared meat in the GN and baked in the second step of the program.

Recommended accessories



Enameled GN
container