

Baked beef stew

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 |

Directions

Cut the rinsed meat into cubes, lightly salt and mix with half of the melted lard in an enameled GN. In the first step of the program, we roast.

Fry the finely chopped onion until golden brown in the second half of the lard, add the tomato puree, paprika and fry it with flour. Cover with water and fully season with all the remaining ingredients and cook.

Pour the cooked and thickened base over the roasted meat in a GN and finish baking in the second step of the program.

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 |

Recommended accessories



Enameled GN
container