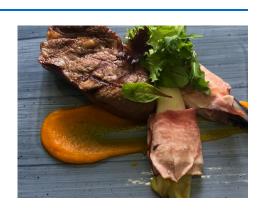
Retigo Combionline | OnlineMenu | Game 6.1. 2023

# Venison entrecôte with sweet potato puree

Cuisine: **German**Food category: **Game** 



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## Program steps

| 1 | Hirsch-Entrecote sous-vide |                 |     |          |                           |          |       |       |    |     |    |     |     |   |                |  |
|---|----------------------------|-----------------|-----|----------|---------------------------|----------|-------|-------|----|-----|----|-----|-----|---|----------------|--|
|   | <b>♠</b> Steaming          |                 |     | B        | Termination by core probe | B        | 49    | °C    | ₿≎ | 85  | °C | -}- | 50  | % | X              |  |
|   |                            |                 |     | tempe    | erature                   |          |       |       |    |     |    |     |     |   |                |  |
| 2 | Hirsch-Entrecote grillen   |                 |     |          |                           |          |       |       |    |     |    |     |     |   |                |  |
|   | Combination                | <b>\( \)</b> 20 | ) % | B        | Termination by core probe | B        | 56    | °C    | ₿≎ | 220 |    | +   | 100 |   | $\overline{X}$ |  |
|   |                            |                 |     |          | erature                   |          |       |       |    |     | °C |     |     | % |                |  |
| 3 | Süßkartoffelpüree          |                 |     |          |                           |          |       |       |    |     |    |     |     |   |                |  |
|   | <b>Steaming</b>            |                 |     | <b>②</b> | Termination by time       | <b>②</b> | 00:35 | hh:mm | ₿≎ | 99  | °C | - - | 50  | % | X              |  |
| 4 | Chicorée                   |                 |     |          |                           |          |       |       |    |     |    |     |     |   |                |  |
|   | Steaming                   |                 |     | <b>છ</b> | Termination by time       | <b>②</b> | 00:25 | hh:mm | ₿≎ | 85  | °C | - - | 50  | % | X              |  |

### Ingredients - number of portions - 10

| Name | Value | Unit |
|------|-------|------|
|      |       |      |

| Name                          | Value | Unit |
|-------------------------------|-------|------|
| venison steaks                | 1500  | g    |
| juniper berries               | 25    | pcs  |
| allspice                      | 20    | pcs  |
| whole black pepper            | 20    | pcs  |
| caraway seeds                 | 6     | g    |
| cinnamon stick                | 1     | pcs  |
| clove                         | 10    | pcs  |
| bay leaf                      | 5     | pcs  |
| lemon thyme                   | 5     | pcs  |
| onion                         | 125   | g    |
| garlic cloves, finely chopped | 10    | g    |
| carrot                        | 375   | g    |
| parsnips                      | 250   | g    |
| celeriac                      | 150   | g    |
| celery sticks                 | 100   | g    |
| dry red wine                  | 1250  | ml   |

#### Directions

Sousvide venison steak: Vacuum seal everything together and let it marinate for 48 hours. Then remove the steaks from the marinade and vacuum seal again, then cook in steam mode at 85°C until a core temperature of 49°C. Grill the venison steak: Marinate the steaks again and grill them on a coated BBQ plate at 220°C combined steam with 20% humidity and 100% fan speed until the core temperature is 56°C. Sweet potato puree: Vacuum everything and steam at 99°C for 35 minutes. After cooking, remove everything from the bag and mix it into a fine puree in a high-performance blender. Chicory: Lay out the ham, cover with a sage leaf, then roll the chicory in it. Vacuum seal the chicory with the other ingredients and steam cook at 85°C for 25 minutes. Baby Leave with avocado oil: Dress salad with the oil and use as a topping.

| Name             | Value | Unit |
|------------------|-------|------|
| balsamic vinegar | 300   | ml   |
| salt             | 22    | g    |
| water            | 1500  | ml   |
| brown sugar      | 40    | g    |

| Name                 | Value | Unit |
|----------------------|-------|------|
| 5 tbsp vegetable oil | 30    | ml   |
| sea-salt             | 5     | g    |
| whole black pepper   | 1     | g    |

| Name                          | Value | Unit |
|-------------------------------|-------|------|
| sweet potatoes                | 600   | g    |
| garlic cloves, finely chopped | 1     | pcs  |
| lemon thyme                   | 1     | pcs  |
| butter soft                   | 60    | g    |
| Edam cheese                   | 30    | g    |
| olive oil                     | 20    | ml   |
| salt                          | 7     | g    |
| whole black pepper            | 1     | g    |

| Name            | Value | Unit |
|-----------------|-------|------|
| baby leaf salad | 75    | g    |
| avocado oil     | 20    | ml   |

| Name  | Value | Unit |
|---|-------|------|
| whole small chicory with a diameter of 2.5 cm | 20    | pcs  |
| sage  | 20    | pcs  |
| ham slices                                    | 20    | pcs  |
| orange juice                                  | 100   | ml   |
| garlic cloves, finely chopped                 | 2     | pcs  |
| lemon peel                                    | 2     | g    |

# Nutrition and allergens

Allergens: 7, 9

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

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

| Nutritional value of one portion | Value  |
|----------------------------------|--------|
| Energy                           | 349 kJ |
| Carbohydrate                     | 24.6 g |
| Fat                              | 12.2 g |
| Protein                          | 34.8 g |
| Water                            | 0 g    |

## Recommended accessories

