

Beef braised shanks overnight

Cuisine: **Czech**

Food category: **Beef**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

1	Combination	90 %	Termination by time	16:30 hh:mm	97 °C	40 %	
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Ingredients - number of portions - 10

Name	Value	Unit
tripe	700	g
water	6000	g
wild spices	5	g
onion	100	g
garlic	35	g

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	76.4 kJ
Carbohydrate	1.8 g
Fat	0.8 g
Protein	10.9 g
Water	0 g

Directions

Well-washed beef shanks are placed in a full GN high 100mm and covered with boiling water so that the shanks are submerged.

To enhance the flavor, we can add wild spices, salt, onion, and garlic, and place them in the combi steamer to cook.

After cooking, cool and cut to the desired size.

The broth can be used for moistening soup or sauce.

Recommended accessories



GN container Stainless steel full