

Beef tripe cooked overnight

Cuisine: Czech

Food category: Beef



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Company: Retigo



Program steps

1 Combination 90 % Termination by time 16:30 hh:mm 97 °C + 40 %

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

Put the well-washed beef tripe in a full GN 100 mm high and cover it with boiling water so that the tripe does not stick out.

To improve the taste, we can add wild spices, salt, onion and garlic and put it in the convection oven and cook.

After cooking, cool and cut to desired size.

We can use the broth to add soup or sauce.

Recommended accessories

