

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

Recommended accessories



GN container Stainless steel full

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.