

# Veal risotto

Cuisine: **Czech**Food category: **Beef**Author: **Vlastimil Jaša**Company: **Retigo**

## Program steps

Preheating: **205 °C**

1 Maso opečeme na cibulovém základu



2 Přidejte drcené rajčata a zeleninu na kostky nakrájenou a podlijte 2 litry horké vody



3 Přidejte opranou rýži a dobře promíchejte



## Ingredients - number of portions - 10

Name	Value	Unit
veal neck	1500	g
onion	200	g
ground red pepper	10	g
salt	30	g
olive oil	120	g
garlic	15	g
root vegetables	550	g
can of crushed tomatoes	100	g
water	2000	g
thyme	2	g
round grain rice	1000	g

## Nutrition and allergens

Allergens:

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

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

## Directions

Cut the meat into cubes and onions, mix with ground sweet pepper and oil and fry in the first step.

After the sound signal in the second step, add crushed tomatoes, finely chopped root vegetables and cover with 2 liters of hot water, salt and season with herbs and crushed garlic.

In the third step, after the sound signal, add well-washed rice and cover with a lid on the GN and simmer until soft. Put a maximum of 2 kg of rice, which you will gain by cooking, into a 100 mm high GN.

After the end of the program, we have to mix the risotto and we can serve it.

Nutritional value of one portion		Value
Energy	666.8	kJ
Carbohydrate	83.2	g
Fat	19.8	g
Protein	36.6	g
Water	0	g

## Recommended accessories



GN container Stainless steel full