

# Risotto with veal

Cuisine: **Czech**

Food category: **Beef**



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## Program steps

Preheating: **205 °C**

1 Maso opečeme na cibulovém základu

Combination
 15 %
 Termination by time
 00:15 hh:mm
 190 °C
 100 %

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

Combination
 90 %
 Termination by time
 00:30 hh:mm
 155 °C
 80 %

3 Přidejte opanou rýži a dobře promíchejte

Combination
 90 %
 Termination by time
 00:35 hh:mm
 160 °C
 100 %

## 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 along with the onion, mix with ground sweet paprika and oil, and in the first step, sauté it.

At the sound signal in the second step, add crushed tomatoes, finely chopped root vegetables, and pour in 2 liters of hot water, season with salt and taste 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. In a GN that is 100 mm high, place a max. of 2kg of rice, which will expand during cooking.

After the program ends, we must stir 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