

Tenderloin on cream (slow baking)

Cuisine: **Czech**

Food category: **Beef**



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Company: **Retigo**



Program steps

1	Combination	100 %	Termination by time	12:00 hh:mm	82 °C	50 %	
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Ingredients - number of portions - 10

Name	Value	Unit
beef rear	2	kg
smoked bacon	100	g
double cream 33%	500	ml
butter soft	125	g
wild spices	1	pcs
lemon	2	pcs
salt	1	g
caster sugar	100	g
full-fat mustard	0	g
water	2.5	l
freshly ground black pepper, ground	1	g
celeriac	650	g
parsley root	650	g
carrot	700	g

Directions

1. Rinse the meat, cut it into 1-1.5 kg pieces and sprinkle with bacon. Brush with oil, salt and pepper. Roast the meat prepared in this way in a convection oven (10 min, 200°C).
2. Clean the vegetables, cut them into cubes and roast them in a convection oven (10 min, 200°C). Cover everything with water. Add three tablespoons of mustard, salt, pepper, wild spices, sugar. add the meat and put it in the convection oven on the program mentioned above. If the meat is not submerged, cover it.
3. After the heat treatment, remove the meat and cool it down. Remove the wild spices from the broth and blend everything until smooth. With the given amount of vegetables and water, there is no need to thicken. Season with lemon, salt, pepper, or sugar. Soften with butter and cream. Boil for 5 min.

Nutrition and allergens

Allergens: 10, 7, 9

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

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	569 kJ
Carbohydrate	26.2 g
Fat	36 g
Protein	34.2 g
Water	0 g

Recommended accessories



GN container Stainless
steel full