

Stew on sourdough flatbread

Cuisine: **Middle-East**
Food category: **Beef**



Author: Jaroslav Mikoška

Company: Retigo





Program steps


Preheating:


80 °C


1


 Hot air


 100 %

 Termination by time

 00:05 hh:mm


 120 °C


 80 %





2


take out the spices and insert the sous-vide bag


 Steaming

 Termination by time

 01:30 hh:mm

 65 °C

 70 %



Ingredients - number of portions - 8		
Name	Value	Unit
beef shoulder	1	kg
tomato puree	500	g
5 tbsp vegetable oil	50	ml
onion	2	pcs
garlic cloves, finely chopped	4	pcs
salt	5	g
freshly ground black pepper, ground	1	g
Coriander leaves, finely chopped	10	g
dried ginger	4	g
coriander powder	2	g
cardamom	2	g
ground fenugreek	2	g
clove	1	g
ground allspice	1	g
cinnamon	1	g
salt	3	g
cayenne pepper	20	g
fresh peppers	10	g

Nutrition and allergens

Allergens:
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

Directions

Preparation for the berbere spice mix:

- Set the oven on dry heat at 120°C.
- Combine all the spices and roast for 5–10 minutes.

Preparation for the stew:

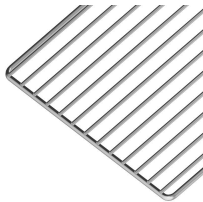
- In a saucepan, sauté the finely chopped onions until soft, adding the garlic at a later stage. Remove the contents and save for later.
- In the same pan sauté the meat until it gets some colour. Deglaze with water and set aside.
- Set the oven on steam at 65°C.
- Combine the meat, the onions and garlic, the tomato purée and 25g of berbere in a sous vide bag and seal and cook for 60–90 minutes.
- Serve with Injera.

Nutritional value of one portion	Value
Energy	306.2 kJ
Carbohydrate	17.5 g
Fat	14.2 g
Protein	26.7 g
Water	0 g

Recommended accessories



Enameled GN container



Stainless wire shelving