

# Stew on sourdough flatbread

Cuisine: Middle-East

Food category: Beef



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Company: Retigo



## Program steps

Preheating: 80 °C

1	Hot air	100 %	Termination by time	00:05 hh:mm	120 °C	80 %	X
2	take out the spices and insert the sous-vide bag	Steaming	Termination by time	01:30 hh:mm	65 °C	70 %	X

## 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

## Directions

Preparation for the berbere spice mix:

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

Preparation for the stew:

1. In a saucepan, sauté the finely chopped onions until soft, adding the garlic at a later stage. Remove the contents and save for later.
2. In the same pan sauté the meat until it gets some colour. Deglaze with water and set aside.
3. Set the oven on steam at 65°C.
4. 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.
5. Serve with Injera.

## Nutrition and allergens

Allergens:

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

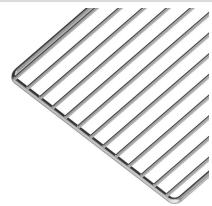
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

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