

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 %





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:

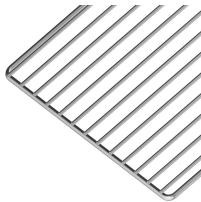
- In a saucepan, sauté the finely chopped onions until soft, adding the garlic at a later stage. Remove the contents and save for later.
- In the same pan sauté the meat until it gets some colour. Deglaze with water and set aside.
- Set the oven on steam at 65°C.
- Combine the meat, the onions and garlic,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