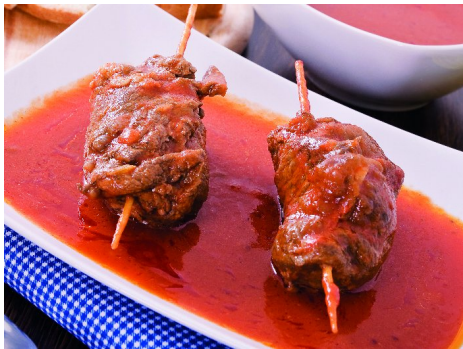


Stuffed beef 'olives'

Cuisine: **Italian**
Food category: **Beef**



Author: **Jaroslav Mikoška**
Company: **Retigo**





Program steps


Preheating:


135 °C


1


 Combination


 50 %

 Termination by time

 01:30 hh:mm


 120 °C


 90 %





2


uncover the lid


 Combination


 50 %

 Termination by time

 00:30 hh:mm

 160 °C

 100 %



Ingredients - number of portions - 8		
Name	Value	Unit
veal rump steak	800	g
pine nuts	60	g
sultanas	60	g
pecorino romano	120	g
tomato puree	1.5	l
garlic cloves, finely chopped	2	pcs
parsley	10	g
red onion	1	pcs
basil	8	pcs
salt	5	g
freshly ground black pepper, ground	1	g
extra virgin olive oil	60	ml

Nutrition and allergens	
Allergens: Minerals: Fe, I, K, Mg, P, Se, Zn Vitamins: A, B, B6, C, E, K	
Nutritional value of one portion	Value
Energy	256.3 kJ
Carbohydrate	6.5 g
Fat	12.8 g
Protein	27.7 g
Water	0 g

Directions

1. Lay out the steaks and gently tenderise them with a meat pounder
2. Season the meat and scatter the lightly toasted pine nuts, finely chopped gloves garlic (2), parsley and sultanas over the steaks, leaving enough space at the borders.
3. Cover with a generous layer of Pecorino cheese (grated).
4. Fold the sides of the steaks over the filling and roll into a cylinder.
5. Sear the beef olives in evoo over medium heat until they gain some colour on all sides.
6. Soften the onion in the same pan and deglaze with white wine until the alcohol vaporates. Add the tomato purée and remove from heat before the saucepan breaks into a boil.
7. Set the oven on combi at 120°C .
8. Transfer the beef olives into a GN container, add the sauce over them and cover with a lid.
9. Cook for 2 hours, removing the lid 30 minutes before ending the cooking process.
10. Garnish with raw basil and serve.

Recommended accessories



GN container Stainless
steel full