

# Classic beef ragout

Cuisine: **French**Food category: **Beef**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**

## Program steps

Preheating: 240 °C

1	Fleisch anbraten	Combination	25 %	Termination by time	00:08 hh:mm	240 °C	+ 90 %	✕
2	wenden, würzen und weiter braten	Combination	25 %	Termination by time	00:05 hh:mm	240 °C	+ 90 %	✕
3	mit Mirepoix und Zwiebel weiter rösten	Combination	25 %	Termination by time	00:10 hh:mm	220 °C	+ 90 %	✕
4	Tomatisieren und rösten	Combination	25 %	Termination by time	00:05 hh:mm	220 °C	+ 90 %	✕
5	mit Mehl bestäuben, ablöschen, reduzieren	Combination	25 %	Termination by time	00:03 hh:mm	220 °C	+ 90 %	✕
6	mit Fond auffüllen und schmoren	Combination	100 %	Termination by time	01:10 hh:mm	135 °C	+ 90 %	✕

## Ingredients - number of portions - 10

Name	Value	Unit
beef	2000	g
onion	200	g
mirepoix	400	g
clarified butter	100	g
dry red wine	400	ml
tomato puree	100	g
salt	20	g
whole black pepper	3	g
plain wheat flour	50	g
poultry stock	3500	ml

## Directions

Preheat the combi steamer with the inserted GN container. Then add the diced meat to the GN container with the clarified butter and sear at 240 °C in combi steam mode with a humidity of 25% and 90% fan speed for 8 minutes. Turn the meat cubes and season, then sear for another 5 minutes. Add the mirepoix and onions, reduce the temperature to 220 °C and roast for 5 minutes, turn and let roast for another 5 minutes. Then add tomatoes, let it burn off for 5 minutes at the same setting, then dust with flour, deglaze with red wine and let reduce for 3 minutes.

## Nutrition and allergens

Allergens: 1

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

Vitamins: A, B, C, Cholin, E, K, Kyselina listová

### Nutritional value of one portion

### Value

Energy	472.7 kJ
Carbohydrate	34.3 g
Fat	26.1 g
Protein	51 g
Water	0 g

Fill with the stock and

braise the ragout at 135 °C in combi steam mode with 25% humidity and 90% fan speed

for 70 minutes until tender. Strain the sauce and finish the ragout as desired.