

Classic beef ragout

Cuisine: French

Food category: Beef



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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

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

Directions

Preheat the combi steamer with the GN container inserted. Then the meat cubes

Place in the GN container with the clarified butter and use combination steam mode at 240 °C

Fry at 25% humidity and 90% fan speed for 8 minutes. The Turn the meat cubes and season and fry for another 5 minutes.

Mirepoix and onions

Add, reduce the temperature to 220 °C and roast for 5 minutes, turn and

Allow to roast for another 5 minutes. Then tomatoe, let burn for 5 minutes at the same setting, then dust with flour, deglaze with red wine and let reduce for 3 minutes. Fill with the stock and cook the ragout at 135 °C in a combi steamer

Braise until soft at 25% humidity and 90% fan speed for 70 minutes. The

Strain the sauce and finish the ragout as desired.

Nutritional value of one portion	Value
Energy	472.7 kJ
Carbohydrate	34.3 g
Fat	26.1 g
Protein	51 g
Water	0 g