

Beef sauté à la hongroise

Cuisine: French

Food category: Beef



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Program steps

Preheating: 240 °C

1	Fleisch anbraten	Combination	25 %	Termination by time	00:02	hh:mm	240 °C	+ 90 %	X
2	wenden, würzen	Combination	25 %	Termination by time	00:03	hh:mm	240 °C	+ 90 %	X
3	auffüllen und ziehen lassen	Combination	20 %	Termination by time	00:17	hh:mm	72 °C	+ 90 %	X

Ingredients - number of portions - 10

Name	Value	Unit
roast beef	1800	g
onion	200	g
clarified butter	150	g
garlic	10	g
sea-salt	15	g
whole black pepper	4	g
ground red pepper	8	g
cayenne pepper	2	g
tomato puree	20	g
demi glace	650	ml
goulash juice	650	ml

Directions

Preheat the combi steamer together with the covered GN container. Afterward put the meat cubes with clarified butter in the container and fry for 2 minutes 240°C with a humidity of 25% in combination steam mode with a fan speed of 90%. Turn the meat cubes, add onions, tomato puree and season and for Fry for another 2 minutes, at the same temperature. Fill with slightly cold demi-glace and goulash juice and steam at 72°C in combination steam with 20%. Humidity and 90% fan speed let steep for 17 minutes.

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	472 kJ
Carbohydrate	3.2 g
Fat	36.7 g
Protein	36.5 g
Water	0 g