

Hungarian-style sautéed beef

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
 00:02 hh:mm
 240 °C
 + 90 %

2 wenden, würzen

Combination
 25 %
 Termination by time
 00:03 hh:mm
 240 °C
 + 90 %

3 auffüllen und ziehen lassen

Combination
 20 %
 Termination by time
 00:17 hh:mm
 72 °C
 + 90 %

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. Then add the meat cubes with clarified butter in the container and sear for 2 minutes at 240°C with a humidity of 25% in combi steam mode with a fan speed of 90%. Turn the meat cubes, add onions, tomato purée, season, and sauté for another 2 minutes at the same conditions. Fill with slightly cooled demi-glace and goulash juice and let it steep at 72°C in combi steam with 20% humidity and 90% fan speed 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