

Classic beef goulash

Cuisine: German

Food category: Beef



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

Preheating: 220 °C

1	Zwiebeln anbraten	Combination	25 %	Termination by time	00:05	hh:mm	220 °C	+ 90 %	X
2	Zwiebeln wenden, braten	Combination	25 %	Termination by time	00:05	hh:mm	220 °C	+ 90 %	X
3	Paprizieren	Combination	25 %	Termination by time	00:05	hh:mm	220 °C	+ 90 %	X
4	Ablöschen, einköcheln	Combination	25 %	Termination by time	00:05	hh:mm	220 °C	+ 90 %	X
5	mit Gewürzen, Fleisch, 1/2 Fond aufkochen	Combination	25 %	Termination by time	00:10	hh:mm	220 °C	+ 90 %	X
6	mit Mehl bestäuben, restl. Fond auffüllen, garen	Combination	100 %	Termination by time	01:40	hh:mm	145 °C	+ 90 %	X

Ingredients - number of portions - 10

Name	Value	Unit
beef	2000	g
onion	1000	g
clarified butter	100	g
red pepper powder	17	g
ground hot paprika	3	g
ground smoked paprika	5	g
dry red wine	600	ml
salt	20	g
whole black pepper	3	g
caraway seeds	8	g
fresh marjoram leaves	15	g
garlic	10	g
lime juice	30	ml
lemon peel	5	g
plain wheat flour	50	g
poultry stock	5000	ml
Lemons	100	g

Directions

Preheat the combi steamer, then let the GN container in the combi steamer reach temperature for approx. 10 minutes.

Put the onions with clarified butter in the GN container and fry for 5 minutes

220°C with a humidity of 25% in combination steam mode at a fan speed

of 90%. Turn the onions and let them fry for another 5 minutes.

Then smear for 1 minute at the same setting.

Deglaze with the red wine and simmer for about 5 minutes at the same setting.

Add spices, meat and half of the stock and bring to a simmer.

Afterward

Dust with flour and stir, fill with the remaining stock and cook until tender

145°C at a humidity of 100% for about 1 hour and 40 minutes with a fan speed of 90%.

Tip: If the pepper is too hot or doesn't have enough color, you can add a little to the base

Add tomato puree.

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	515.8 kJ
Carbohydrate	15.9 g
Fat	26.7 g
Protein	52.3 g
Water	9.5 g