

Classic beef stew

Cuisine: **German**

Food category: **Beef**



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Program steps

Preheating: 220 °C

1 Zwiebeln anbraten

Combination
 25 %
 Termination by time
 00:05 hh:mm
 220 °C
 + 90 %

2 Zwiebeln wenden, braten

Combination
 25 %
 Termination by time
 00:05 hh:mm
 220 °C
 + 90 %

3 Paprizieren

Combination
 25 %
 Termination by time
 00:05 hh:mm
 220 °C
 + 90 %

4 Ablöschen, einköcheln

Combination
 25 %
 Termination by time
 00:05 hh:mm
 220 °C
 + 90 %

5 mit Gewürzen, Fleisch, 1/2 Fond aufkochen

Combination
 25 %
 Termination by time
 00:10 hh:mm
 220 °C
 + 90 %

6 mit Mehl bestäuben, restl. Fond auffüllen, garen

Combination
 100 %
 Termination by time
 01:40 hh:mm
 145 °C
 + 90 %

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

Directions

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

Add onion with clarified butter to the GN container and sauté for 5 minutes

at 220°C with 25% humidity in combi mode at fan speed 90%. Stir the onion and sauté for another 5 minutes.

Then add the beef and sauté at the same setting.

Deglaze with red wine and braise at the same temperatures for about 5 minutes.

Add spices, and half of the broth and bring to a boil. Then Sprinkle with flour, mix, pour over the remaining broth, add tomato purée and cook until tender

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

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

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