

Veal fricassee in the Marseille style

Cuisine: **French**Food category: **Beef**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**

Program steps

Preheating: 160 °C

1 Kalbfleisch anbraten

Combination
 15 %
 Termination by time
 00:08 hh:mm
 160 °C
 + 90 %

2 Wenden, würzen, Schalotten, Paprika, Zwiebeln zugeben und weiter braten

Combination
 15 %
 Termination by time
 00:08 hh:mm
 160 °C
 + 90 %

3 Mit Weißwein ablöschen, reduzieren

Combination
 15 %
 Termination by time
 00:01 hh:mm
 160 °C
 + 90 %

4 Mehlieren, Tomaten hinzugeben und köcheln

Combination
 30 %
 Termination by time
 00:20 hh:mm
 125 °C
 + 90 %

5 Umstechen und garen

Combination
 30 %
 Termination by time
 00:20 hh:mm
 125 °C
 + 90 %

Ingredients - number of portions - 10

Name	Value	Unit
veal	1500	g
clarified butter	150	g
green paprika	200	g
shallot	150	g
dry white wine	200	ml
tomato	400	g
garlic	15	g
salt	15	g
brown sugar	3	g
whole black pepper	5	g
sprig of parsley	30	g
plain wheat flour	40	g

Directions

First preheat the combi steamer along with the GN containers. Then add the pieces of veal with clarified butter to the container and sear for 8 minutes in the combi steam at 160°C, 15% humidity and fan speed 90%. Turn the pieces of veal, season them, add the diced shallots, garlic puree, and strips of paprika, and sear for another 8 minutes. Deglaze with white wine and allow to reduce for 1 minute. Dust with flour, add the quartered tomatoes, reduce the temperature, and let it simmer slightly in combi steam mode at 125°C for 20 minutes with a humidity of 30% and 90% fan speed. Then pierce and cook for another 20 minutes at the same conditions. Just before serving, stir in the freshly chopped herbs into the fricassee.

Nutrition and allergens

Allergens: 1

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	371.1 kJ
Carbohydrate	8.2 g
Fat	25.7 g
Protein	30.1 g
Water	0 g