

Fricassée de veau à la Marseillaise

Cuisine: French

Food category: Beef



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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 and the GN containers well. Then put the pieces of veal with the clarified butter in the container and leave for

Fry for 8 minutes in combination steam at 160°C, 15% humidity and fan speed 90%. Turn the veal pieces, season, add the shallot cubes, garlic puree and pepper strips and fry for another 8 minutes.

Deglaze with white wine and let reduce for 1 minute.

Add flour, add the tomato quarters, reduce the temperature and let it simmer gently

Combi steam mode at 125°C for 20 minutes with humidity 30% and fan speed 90%. Then turn over and cook for another 20 minutes at the same temperature

Climate. Just before serving, add the fresh chopped herbs to the fricassée.

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

