

Sliced à l'arlésienne

Cuisine: **French**

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 %

2 Wenden, Gemüse mit anbraten

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

3 Tomaten zugeben und dünsten

Combination
 20 %
 Termination by time
 00:15 hh:mm
 120 °C
 + 90 %

4 Emincés ziehen lassen

Combination
 25 %
 Termination by time
 00:20 hh:mm
 80 °C
 + 90 %

Ingredients - number of portions - 10

Name	Value	Unit
beef	1800	g
onion	200	g
aubergine	200	g
tomato	300	g
green paprika	150	g
clarified butter	100	g
sea-salt	15	g
whole black pepper	3	g
garlic	10	g
fresh thyme	2	g
sprig of parsley	10	g

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

Directions

*cooked, seasoned, braised beef cut into 1 cm thick slices
Preheat the combi steamer with a coated GN container for about 10 minutes.

Then add the onions with clarified butter to the container and sauté for 5

minutes at 220°C with a humidity of 25% in combi steam mode at a

fan speed of 90%. Turn the onions, add eggplant and bell pepper

and sauté for another 5 minutes. Season and add the strips of tomato and

let steam for 15 minutes in combi steam at 120°C, 20% humidity, 90% fan speed, then perfume with herbs and pour boiling hot

over the slices of meat, which are prepared in another

coated container.

Let these rest warm in the combi steamer at 80°C combi steam with 20% humidity for 20 minutes at 90% fan speed.

Nutritional value of one portion	Value
Energy	415.1 kJ
Carbohydrate	5.8 g
Fat	24.5 g
Protein	46 g
Water	0 g