

# Beef brisket cooked sous-vide

Cuisine: **German**

Food category: **Beef**



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## Program steps

### 1 Sous-vide Garen

Combination
 50 %
 Termination by time
 12:00 hh:mm
 80 °C
 + 50 %

## Ingredients - number of portions - 10

Name	Value	Unit
brisket	2.2	kg
carrot	200	g
parsley root	80	g
leek	150	g
sprig of parsley	20	g
bay leaf	2	pcs
juniper berries	8	pcs
white peppercorns	15	pcs
rosemary	5	g
fresh thyme	3	g
sea-salt	18	g
vegetable broth	0.5	l

## Directions

Cut the vegetables into 1-2 cm cubes, vacuum seal all ingredients in a generously chosen bag and cook as follows: combination steam mode, 50% humidity, 80°C, 12-24 hours, 50% fan speed. A cooking time of 24 hours is optimal, and one can also make a sauce from the essence. Suitable side dishes are savoy cabbage, boiled potatoes, horseradish sauce.

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	421 kJ
Carbohydrate	3.6 g
Fat	22.2 g
Protein	49.2 g
Water	0 g