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Cuisine: **German**  
Food category: **Beef**





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| Program steps |   |   |   |   |       |  |  |   |  |
|---------------|---|---|---|---|-------|--|--|---|--|
| 1             | Färsensteakhüfte - sousvide gegart  |   |   |   |       |  |  |   |  |
|               |  Steaming      |   |  Termination by time   |  01:00   | hh:mm |  53 °C    |  50 %   |    |  |
| 2             | Färsensteakhüfte - grillen  |   |   |   |       |  |  |   |  |
|               |  Combination   |  25 %    |  Termination by time   |  00:06   | hh:mm |  225 °C   |  70 %   |    |  |
| 3             | Maiskolben - sousvide gegart  |   |   |   |       |  |  |   |  |
|               |  Steaming    |   |  Termination by time |  01:10 | hh:mm |  83 °C  |  50 % |  |  |
| 4             | Maiskolben - grillen  |   |   |   |       |  |  |   |  |
|               |  Combination |  25 %  |  Termination by time |  00:03 | hh:mm |  225 °C |  70 % |  |  |
| 5             | Tomate - geschwitzte Tomaten  |   |   |   |       |  |  |   |  |
|               |  Hot air     |  100 % |  Termination by time |  00:30 | hh:mm |  70 °C  |  70 % |  |  |
| 6             | Kochbanane - dämpfen / garen  |   |   |   |       |  |  |   |  |
|               |  Steaming    |   |  Termination by time |  00:45 | hh:mm |  99 °C  |  50 % |  |  |
| 7             | Kochbanane - frittieren   |   |   |   |       |  |  |   |  |
|               |  Hot air     |  100 % |  Termination by time |  00:14 | hh:mm |  180 °C |  70 % |  |  |
| 8             | Monkey Gland Sauce  |   |   |   |       |  |  |   |  |
|               |  Hot air     |  0 %   |  Termination by time |  00:23 | hh:mm |  160 °C |  70 % |  |  |

| Ingredients - number of portions - 4 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
|                                      |       |      |
|                                      |       |      |
| Name                                 | Value | Unit |
| plant drink                          | 160   | ml   |
| plain wheat flour                    | 120   | g    |

## Directions

Steaks: Vacuum seal everything together and cook sousvide at 53°C (medium) in steam mode for 60 minutes. The cooking level from rare to welldone can be adjusted via the temperature: rare 47°C, medium 53°C, welldone 60°C. Then take the meat out of the bag, pat dry a little and season (14 g sea salt per 1 kg of meat). Preheat the combi

| Name        | Value | Unit |
|-------------|-------|------|
| breadcrumbs | 100   | g    |

| Name                      | Value | Unit |
|---------------------------|-------|------|
| green bananas for cooking | 1100  | g    |
| green bananas for cooking | 600   | g    |
| plain wheat flour         | 2     | pcs  |
| margarine                 | 40    | g    |
| macis                     | 1     | g    |
| mushrooms                 | 100   | g    |
| fried vegetables          | 50    | g    |
| celery                    | 3     | g    |
| sea-salt                  | 8     | g    |
| ground white pepper       | 2     | g    |

| Name                                | Value | Unit |
|-------------------------------------|-------|------|
| tomato                              | 125   | g    |
| stock from the sweated tomatoes     | 80    | ml   |
| bay leaf                            | 3     | pcs  |
| red onion                           | 100   | g    |
| garlic cloves, finely chopped       | 2     | pcs  |
| worcester                           | 75    | ml   |
| mango chutney                       | 120   | g    |
| walnut vinegar                      | 30    | ml   |
| tomatoe sauce                       | 150   | g    |
| tomatoe sauce                       | 150   | g    |
| brown sugar                         | 100   | g    |
| tabasco                             | 20    | ml   |
| freshly ground black pepper, ground | 3     | g    |
| sea-salt                            | 7     | g    |
| celery                              | 3     | g    |

| Name               | Value | Unit |
|--------------------|-------|------|
| cherry tomatoes    | 300   | g    |
| fresh mixed spices | 8     | g    |
| olive oil          | 40    | ml   |

| Name                 | Value | Unit |
|----------------------|-------|------|
| 5 tbsp vegetable oil | 60    | ml   |
| sea-salt             | 10    | g    |
| smoked curry         | 2     | g    |

| Name               | Value | Unit |
|--------------------|-------|------|
| rump steak         | 600   | g    |
| fresh hay          | 20    | g    |
| whole black pepper | 10    | g    |


steamer to 225°C in combi steam mode, 25% humidity, 70% fan speed with a coated grill plate. After preheating, grill the rump steak for about 4 to 8 minutes, depending on the desired browning. Marinated grilled corn: Vacuum seal everything together and cook sousvide in steam mode at 83°C for 70 minutes. Then remove from the bag, pat dry and marinate with the following marinade. Corn Marinade: Preheat the combi steamer to 225°C in combi steam mode, 25% humidity, 70% fan speed with a non-stick grill plate. After preheating, grill the corn for about 2 to 4 minutes until desired browning. Sweated tomatoes: Mix everything together well and put in a coated GN container and let it sweat in the combi steamer at 70°C in hot air mode for 30 minutes, then remove the tomatoes and strain the stock; this will be used for the tomato ragout. The sweated tomatoes serve as a vegetable side dish with the corn, or as decoration. Tomato ragout: Now put everything together in a coated GN container and let it braise in the combination steamer at 160°C in hot air mode with the humidity flap open for approx. 20-25 minutes, with a fan speed of 70%. Plantain croquettes: Place the green plantain in a frying basket and steam in the combi steamer at 99°C and 50% fan speed for 45 minutes. Then remove the bananas from the peel and mash them finely. Knead with other ingredients into a fine mass, form croquettes and bread them with flour, plant milk, breadcrumbs or panko. Feel free to use spray fat or phase with paprika content: Spray or brush the croquettes with it and place them in a frying basket, fry in a preheated combi steamer at 180°C in hot air mode for 14 minutes, turning once or twice in the meantime.

| Name               | Value | Unit |
|--------------------|-------|------|
| china rose sprouts | 40    | g    |

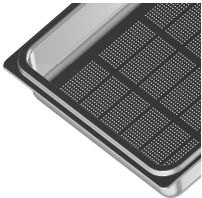
| Name                          | Value | Unit |
|-------------------------------|-------|------|
| corn on the cob               | 4     | pcs  |
| garlic cloves, finely chopped | 3     | pcs  |
| chili pepper                  | 1     | pcs  |
| whole black pepper            | 5     | g    |
| bay leaf                      | 1     | pcs  |
| rosemary                      | 5     | g    |
| lemon thyme                   | 7     | g    |

| Nutrition and allergens   |           |
|---|-----------|
| Allergens: 1<br>Minerals: Ca, Cu, Fe, I, K, Mg, P, Se, Zn<br>Vitamins: A, B, B6, C, D, E, K |           |
| Nutritional value of one portion  | Value     |
| Energy  | 1179.7 kJ |
| Carbohydrate  | 206 g     |
| Fat   | 16.2 g    |
| Protein   | 48.9 g    |
| Water   | 0 g       |

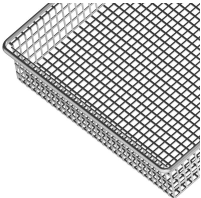
## Recommended accessories



Vision Grill Diagonal



GN container Stainless steel perforated



Vision Frit