

Monkey Gland Steak with plantain croquettes

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





Author: [Retigo Team Deutschland](#)
Company: [RETIGO Deutschland GmbH](#)

Program steps

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

Ingredients - number of portions - 4		
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

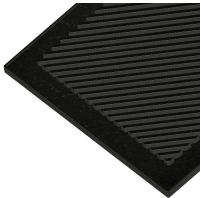
steamer to 225°C in combi steam mode, 25% humidity, 70% fan speed with a coated grill plate. After preheating, grill the rump steak for about 4 to 8 minutes, depending on the desired browning. Marinated grilled corn: Vacuum seal everything together and cook sousvide in steam mode at 83°C for 70 minutes. 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

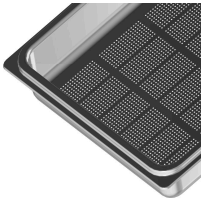
Name	Value	Unit
corn on the cob	4	pcs
garlic cloves, finely chopped	3	pcs
chili pepper	1	pcs
whole black pepper	5	g
bay leaf	1	pcs
rosemary	5	g
lemon thyme	7	g

Nutrition and allergens	
Allergens: 1 Minerals: Ca, Cu, Fe, I, K, Mg, P, Se, Zn 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

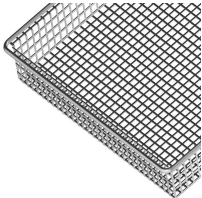
Recommended accessories



Vision Grill Diagonal



GN container Stainless steel perforated



Vision Frit