

French Fries Old English Style

Cuisine: **English**

Food category: **Poultry**



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Program steps

1	Baked Beans	Combination	50 %	Termination by time	00:15 hh:mm	145 °C	80 %	
2	wenden	Combination	50 %	Termination by time	00:15 hh:mm	145 °C	80 %	
3	wenden	Combination	50 %	Termination by time	00:15 hh:mm	145 °C	100 %	
4	Grillgemüse - Champignons und Tomatenscheiben auf eine beschichte Grillplatte geben	Combination	25 %	Termination by time	00:01 hh:mm	210 °C	90 %	
5	Grillgemüse - Tomatenscheiben aus dem Kombidämpfer nehmen	Combination	25 %	Termination by time	00:01 hh:mm	210 °C	90 %	
6	Original english Sausage	Hot air	0 %	Termination by time	00:07 hh:mm	195 °C	80 %	
7	French Fries - Tiefkühlware	Hot air	0 %	Termination by time	00:01 hh:mm	250 °C	100 %	
8		Hot air	0 %	Termination by time	00:19 hh:mm	220 °C	100 %	
9	French Fries - Frischware	Hot air	0 %	Termination by time	00:01 hh:mm	230 °C	100 %	
10		Hot air	0 %	Termination by time	00:12 hh:mm	190 °C	100 %	

Ingredients - number of portions - 4

Name

Value

Unit

Directions

dried white beans	250	g
canned tomatoes in pieces	300	g
tomato puree	500	g
yacon syrup	25	g
brown sugar	40	g
hot mustard (tbsp)	0.5	pcs
shallot	100	g
clove	1	pcs
bay leaf	2	pcs
bacon flavor, powdered	3	g
ground white pepper	2	g
sea-salt	9	g
cayenne pepper	1	g
french fries	800	g
tomato	250	g
mushrooms	300	g
bacon strips	200	g
chicken breast	4	pcs
grill seasoning as desired	45	g
olive oil	50	ml
lemon	2	pcs
garlic	4	g
sausage	12	pcs
rocket leaves	125	g

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	1148.6 kJ
Carbohydrate	153.5 g
Fat	34.4 g
Protein	41.9 g
Water	0 g

Soak the white beans overnight in water. The next day, drain and rinse the beans thoroughly. Then simmer the white beans in salted water for 30 minutes. After that, drain. Now place all ingredients into a coated GN container and bake in the combi steamer as follows:

Combi steam 145°C, 50% humidity, 80% fan speed, 45 minutes, stirring every 15 minutes. After baking, remove the bay leaves and clove.

Mushrooms, bacon strips, and tomatoes: Preheat the combi steamer with a coated perforated baking tray, then grill the tomato slices for 1 minute, the mushrooms and bacon strips for 2 minutes in combi steam mode at 210°C, 25% humidity, 90% fan speed.

Tip: Use the insert timer.

Vacuum seal the land chicken breast, grill spices, olive oil, limes, and fresh garlic together and sous vide cook at 85°C in steam mode for about 40 minutes, depending on the thickness of the land chicken breast. Remove from the bag and catch the stock for further processing. Now pat the breast dry, brush with a little oil, and grill on a preheated grilling plate in the combi steamer for 4 minutes at 225°C combi steam with a humidity of 25% and a fan speed of 70%.

Small sausages, or real English breakfast sausages: Preheat the combi steamer with a coated grill plate, then grill the small sausages.

195°C in hot air mode with the steam vent open, 80% fan speed for 6-8 minutes depending on desired browning. For underground, we use fresh young arugula.

French Fries / 1st program for frozen goods:

Preheat the combi steamer, then 1 minute at 250°C dry heat with the steam vent open, then depending on the thickness of the French fries 17-21 minutes at 220°C dry heat with the steam vent open.

French Fries / 2nd program for fresh goods:

Preheat the combi steamer, then 1 minute at 230°C dry heat with the steam vent open, then depending on the thickness of the French fries 12-15 minutes at 190°C dry heat with the steam vent open.

Season the fries with your own salt recipe and serve.

Tip: Use a frying basket that is equipped with a multiple Lotan® coating.