

French Fries Kongpo Shaptak

Cuisine: **German**

Food category: **Beef**



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Program steps

1	Färsengulasch Kongpo Shaptak	Combination	100 %	Termination by time	00:30 hh:mm	145 °C	80 %	
2	wenden	Combination	100 %	Termination by time	00:30 hh:mm	145 °C	100 %	
3	wenden	Combination	100 %	Termination by time	00:30 hh:mm	145 °C	80 %	
4	wenden	Combination	100 %	Termination by time	00:15 hh:mm	145 °C	80 %	
5	Grillgemüse - Paprikafilets und Frühlauch auf eine beschichtete Grillplatte legen	Combination	25 %	Termination by time	00:01 hh:mm	210 °C	90 %	
6	Grillgemüse - Frühlauch aus dem Kombidämpfer nehmen	Combination	25 %	Termination by time	00:01 hh:mm	210 °C	90 %	
7	Tomatensalsa	Combination	100 %	Termination by time	00:20 hh:mm	145 °C	80 %	
8	French Fries - Tiefkühlware	Hot air	0 %	Termination by time	00:01 hh:mm	250 °C	100 %	
9		Hot air	0 %	Termination by time	00:19 hh:mm	220 °C	100 %	
10	French Fries - Frischware	Hot air	0 %	Termination by time	00:01 hh:mm	230 °C	100 %	
11		Hot air	0 %	Termination by time	00:12 hh:mm	190 °C	100 %	

Ingredients - number of portions - 4

Name	Value	Unit
french fries	800	g
heifer stew	200	g
red onion	200	g
mixed peppers	100	g
garlic	8	g
ginger root, peeled and finely chopped	15	g
tomato paste, double concentrated	20	g
tomato puree	120	ml
blue cheese	30	g
beef stock	1000	ml
ground smoked paprika	2	g
sea-salt	12	g
sour herbal spices	5	g
fresh baby spinach	125	g

Name	Value	Unit
blue cheese	100	g
Sliced jalapenos, pickled from the jar	50	g

Name	Value	Unit
mixed peppers	250	g
Garlic cloves	120	g

Name	Value	Unit
apples	2	pcs
celery	4	g
Coriander leaves, finely chopped	2	g
white peppercorns	1	g
sea-salt	8	g
tomato puree	1	pcs
olive oil	2	pcs
tomato	450	g
shallot	80	g
garlic	4	g
chili powder	1	pcs

Nutrition and allergens

Allergens:

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

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

Directions

Minced beef goulash: Combine everything in a non-stick GN container and mix well, then braise in combi-steaming mode with 100% humidity, 145°C for 1 hour and 45 minutes at 80% fan speed, stirring about every 30 minutes.

Grilled vegetables: Preheat the combi steamer with a non-stick baked plate, then grill the bell pepper fillets for 3 minutes, the halved zucchini for 1 minute and 30 seconds, each in combi-steaming mode at 210°C, 25% humidity and 90% fan speed. Tip: Use the insertion timer.

Tomato salsa: Combine everything in a non-stick GN container and mix well, then braise in combi-steaming mode with 100% humidity, 145°C for 20 minutes at 80% fan speed.

French fries / 1st program for frozen goods:

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

French fries / 2nd program for fresh goods:

Preheat the combi steamer, then dry heat for 1 minute at 230°C with opened steam vent, then depending on the thickness of the French fries, for 12-15 minutes at 190°C dry heat with opened steam vent. Season the fries with a custom salt recipe and serve.

Tip: Use a frying basket coated with a multiple Lotan® finish.

Nutritional value of one portion	Value
Energy	1014.2 kJ
Carbohydrate	99.6 g
Fat	34.9 g
Protein	33.3 g
Water	0 g