

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 - Paprikafillets 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

Directions

Heifer goulash: Put everything together in a coated GN container and stir well, then let it braise in combination steam mode with 100% moisture, 145°C for 1 hour and 45 minutes at 80% fan speed and stir once every 30 minutes.

Grilled vegetables: Preheat the combination steamer with a coated, unheated baking plate, then grill the pepper fillets for 3 minutes and the halved spring leeks for 1 minute and 30 seconds, each in combination steam mode at 210°C, 25% humidity and 90% fan speed. Tip: Use the insert timer. Tomato salsa:

Put everything together in a coated GN container and stir well, then let it braise in combination steam mode with 100% humidity, 145°C, for 20 minutes at 80% fan speed.

French fries / 1st program for frozen goods:

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

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

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

French fries / 2nd program for fresh produce:

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

Season the fries with your own salt recipe and serve.

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