

Beef ragout

Cuisine: **Italian**
Food category: **Beef**



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Company: Retigo



Program steps

Preheating:

220 °C

1

Hot air

100 %

Termination by time

00:05 hh:mm

200 °C

100 %

2

add root vegetables and the thyme

Hot air

100 %

Termination by time

00:05 hh:mm

180 °C

100 %

3

add onion and garlic

Hot air

100 %

Termination by time

00:05 hh:mm

180 °C

100 %

4

add the tomato paste and wine

Hot air

100 %

Termination by time

00:05 hh:mm

180 °C

100 %

5

add the tomatoes and the stock, cover the GN with a lid

Combination

50 %

Termination by time

00:30 hh:mm

160 °C

100 %

| Ingredients - number of portions - 14 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| ground beef | 2500 | g |
| onion | 4 | pcs |
| carrot | 250 | g |
| parsley root | 200 | g |
| tomato puree | 400 | g |
| can of crushed tomatoes | 1200 | g |
| garlic cloves, finely chopped | 7 | pcs |
| dry red wine | 650 | ml |
| beef stock | 4 | l |
| thyme | 4 | pcs |
| salt | 3 | g |
| 5 tbsp vegetable oil | 50 | ml |
| freshly ground black pepper, ground | 0.5 | g |

Nutrition and allergens

Directions

Roast the minced meat. Cut the vegetables into very small cubes. After the meat is roasted add the oil, and root vegetables. After 5 minutes add the onion and garlic. After that add the tomato paste and wine. And next, add the tomatoes and the stock. Cover with a lid and carry on cooking according to the steps of the program.

Allergens:
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 464.6 kJ |
| Carbohydrate | 13 g |
| Fat | 30.8 g |
| Protein | 32.4 g |
| Water | 0 g |

Recommended accessories



Enameled GN container