

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
vegetable oil	50	ml
freshly ground black pepper, ground	0.5	g

Nutrition and allergens

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

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.

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