

# 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 %	X
2	add root vegetables and the thyme						
3	Hot air	100 %	Termination by time	00:05 hh:mm	180 °C	100 %	X
4	add onion and garlic						
5	Hot air	100 %	Termination by time	00:05 hh:mm	180 °C	100 %	X
4	add the tomato paste and wine						
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 %	X

## 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

## 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.

## 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

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