


Braised Beef Brisket

Cuisine: **Chinese**
Food category: **Beef**
























Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 225 °C

1	 Combination	 30 %	 Termination by time	 15:00 mm:ss	 210 °C	 90 %	
2	 Combination	 30 %	 Termination by time	 02:00 hh:mm	 135 °C	 90 %	
3	 Hot air	 0 %	 Termination by time	 30:00 mm:ss	 210 °C	 100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
brisket	2	kg

Name	Value	Unit
ginger root, peeled and finely chopped	30	g
shallot	30	g
star anise	1	g
garlic	10	g
cinnamon	1	g
clove	1	g
soy dipping sauce	200	ml
rice wine	30	ml
spicy fermented bean curd	5	g
spicy bean sauce	30	g
water	5	l
caraway seeds	1	g

Nutrition and allergens

Allergens:

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

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

Directions

✓ The first stage

- ◇ Roasted and then stewed to produce aroma and stewed in the soup together
- ◇ Roast and color before stewing, which can save stewing time

✓ The second stage


- ◇ Uncover the lid for the first hour, speed up the stewing and bring to a boil
- ◇ Cover the lid for the second hour to prevent the surface of the sirloin from being air-dried and over-burned
- ◇ Take it out and cover it for 30 minutes to help soften the taste

✓ The third stage

- ◇ Collect the juice on high heat, remove the sirloin, and make the soup separately
- ◇ Without the lid, the high temperature accelerates the juice collection and shortens the time

Nutritional value of one portion	Value
Energy	377 kJ
Carbohydrate	2 g
Fat	20.3 g
Protein	44.5 g
Water	0 g

Recommended accessories



GN container Stainless steel full