Beef Stew with Red Wine

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
Meaty Beef Ribs	2.5	kg

ingredients

Name	Value	Unit
onion	200	g
carrot	200	g
parsley root	100	g
garlic	20	g
bay leaf	3	g
thyme	5	g
dry white wine	1200	ml
beef stock	5	l
sea-salt	3	g
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, D, E, K, Kyselina listová

Directions

√ The first stage
◇ Seasoned raw ribs dipped in flour and grilled, stewed to a soup consistency
◇ Roasted and then stewed to produce aroma and stewed in the soup together
◇ Roast and color before stewing, which can save stewing time
◇ Roast first and then stew to remove excess fat, and the soup is less oily

√ The second stage
◇ The red wine broth should cover the surface, and the broth is 1.7 times that of beef
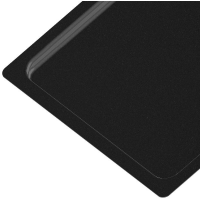◇ Stew on medium heat for 2 hours to soften the glutinous muscles
◇ Uncover the lid for the first hour, speed up the stewing and bring to a boil
◇ Cover the lid for the second hour to prevent the surface of the sirloin from being air-dried and over-burned
◇ Take it out and cover it for 30 minutes to help soften the taste

√ The third stage
◇ Collect the juice on high heat, remove the beef, and make the soup separately
◇ Beef ribs need to consider weightlessness and step retention rate, the longer the stew, the better
◇ It is necessary to consider the upper level of access and safety issues

Nutritional value of one portion	Value
Energy	2802 kJ
Carbohydrate	7.2 g
Fat	45.2 g
Protein	45.9 g
Water	0 g

◇ Without the lid, the high temperature accelerates the juice collection and shortens the time
◇ Steam oven production does not require human care, stirring at any time

Recommended accessories

Vision Bake	GN container Stainless steel full	Enameled GN container