

Beef Stew with Red Wine

Cuisine: Chinese

Food category: Beef


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 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



Enamelled GN container