

Bolognese

Cuisine: Chinese
Food category: Minced meat



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Program steps

Preheating: 235 °C

| | | | | | | | |
|---|-------------|------|---------------------|-------------|--------|-------|--|
| 1 | Combination | 60 % | Termination by time | 10:00 mm:ss | 220 °C | 90 % | |
| 2 | Combination | 40 % | Termination by time | 01:30 hh:mm | 130 °C | 100 % | |

Ingredients - number of portions - 20

| Name | Value | Unit |
|-------------|-------|------|
| ground beef | 2500 | g |

seasoning ingredients

| Name | Value | Unit |
|--------------|-------|------|
| tomato | 500 | g |
| RO water | 1000 | ml |
| tomato puree | 100 | g |
| onion | 100 | g |
| carrot | 100 | g |
| celery root | 50 | g |

Nutrition and allergens

Allergens: 9
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|--------|
| Energy | 292 kJ |
| Carbohydrate | 3.2 g |
| Fat | 21.4 g |
| Protein | 21.7 g |
| Water | 0 g |

Directions

The first stage
Put the ground beef into the standard conditioning basin 1/1GN to make (accelerate the heat conduction speed and bake the color effect)
During the roasting process, it needs to be stirred periodically to avoid agglomeration. The beef protein will stick together when heated and needs to be stirred

second stage
Stir-fry the seasoning spices such as chopped celery, carrot, and chopped tomato in advance to get the aroma
Stir-fried minced beef, stir-fried vegetable ingredients, water, tomato ingredients and other ingredients are all put into a standard cooking pot to continue cooking
Seasoning spices must be mixed with the ingredients and baked together, stirring once every 15 minutes

Recommended accessories

| | | |
|------------|-----------------------------------|-----------------------|
| | | |
| Vision Pan | GN container Stainless steel full | Enameled GN container |