

Beef cheeks in red wine

Cuisine: **Czech**
Food category: **Beef**




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Company: Retigo





Program steps


1


 Combination


 80 %

 Termination by time


 00:15 hh:mm


 120 °C


 100 %





2


 Combination


 100 %

 Termination by time


 10:00 hh:mm


 82 °C


 70 %



3

 Cook & Hold

 75 °C

 40 %

| Ingredients - number of portions - 10 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| beef cheeks | 2.5 | kg |
| onion | 5 | pcs |
| carrot | 5 | pcs |
| Celery | 1.5 | pcs |
| dry red wine | 0.5 | l |
| salt | 20 | g |
| bay leaf | 8 | pcs |
| whole black pepper | 15 | pcs |
| allspice | 15 | pcs |
| 5 tbsp vegetable oil | 0.3 | l |
| beef stock | 0.8 | l |

| Nutrition and allergens | |
|--|----------|
| Allergens: | |
| Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn | |
| Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová | |
| Nutritional value of one portion | Value |
| Energy | 322.5 kJ |
| Carbohydrate | 2.5 g |
| Fat | 12.5 g |
| Protein | 52.5 g |
| Water | 0 g |

Directions

Place the beef cheeks in a deep dish, add fat and cover with red wine. Then we add vegetables cut into larger pieces, new spices and a bay leaf.

Mix lightly, add salt and pepper and let it soak in the Low-temperature baking mode overnight.

To soften the meat, you need to follow the prescribed time.

Once the cooking is complete, remove the meat, strain the sauce and reduce to the desired consistency. Served with mashed potatoes or mashed potatoes.

Recommended accessories



Vision Pan



Enameled GN
container