


Overnight Czech Beef Goulash

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

















Author: **Phil Smith**

Company: **Retigo**



Program steps

Preheating: 230 °C

1	 Hot air	 0 %	 Termination by time	 00:15 hh:mm	 220 °C	 100 %	
2	 Combination	 100 %	 Termination by time	 00:00 hh:mm	 54 °C	 40 %	

Ingredients - number of portions - 8		
Name	Value	Unit
Diced Beef	500	g
Chopped Onions	500	g
extra virgin olive oil	10	ml
ground smoked paprika	10	g
garlic cloves, finely chopped	4	pcs
ground caraway	10	g
tomato puree	50	g
marjoram	10	g
cayenne pepper	10	g
beef stock	2	l

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins: A, C	
Nutritional value of one portion	Value
Energy	756.1 kJ
Carbohydrate	8.6 g
Fat	8.2 g
Protein	22.4 g
Water	0 g

Directions

Cook down the onion, then add the beef and paprika and mix, then add to a deep cooking container.

Add tomato puree and beef stock and mix together.

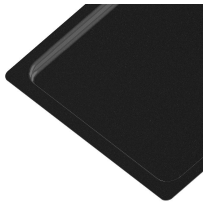
Sprinkle in the cumin and garlic, cover and cook overnight.

The next day, remove the beef, and blend together the sauce with a blender.

Place the beef back into the sauce and check the seasoning, add more marjoram if needed.

Serve with traditional Czech dumplings.

Recommended accessories



Vision Bake



Enameled GN
container