

# Japanese style braised beef Offal

Cuisine: **Japanese**

Food category: **Beef**

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## Program steps

Preheating: 190 °C

1	Combination	50 %	Termination by time	03:30 hh:mm	160 °C	100 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
Beef tendon	300	g
Beef offal	500	g
Ginger	50	g
cabbage leaves, cleaned	200	g
Leeks	50	g
Dashi Soup Packet	1000	ml
Sake	50	ml
Water	2000	ml
Soy sauce	100	ml
Garlic	20	g

## Nutrition and allergens

Allergens: Fish, Soy

Minerals: Ca, Calcium, Co, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Sodium, Zinc, Zn

Vitamins: A, B, C, Folate, K, Niacin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	176.8 kJ
Carbohydrate	3.3 g
Fat	10.7 g
Protein	21.8 g
Water	59.8 g

## Directions

- 1.If needed, defrost the beef tendons first.
- 2.Cut the beef tendons into bite-sized pieces. Do not cut them too small, as they will shrink during cooking.
- 3.Peel the white radish and cut it into 1-inch thick slices.
- 4.To remove the bitterness from the white radish, you can peel off a 0.5 cm thick layer or blanch the radish in rice water.
- 5.Peel the ginger, cut it in half, then slice and crush it.
- 6.Place all ingredients into the classic GN full stainless steel.
- 7.Rinse the ingredients.
- 8.Add stock and water to cover the ingredients.
- 9.Preheat to target temp and stewed to completely soft.
- 10.Braised beef tendons go perfectly with mustard.

## Recommended accessories



GN container Stainless  
steel full



Enameled GN  
container