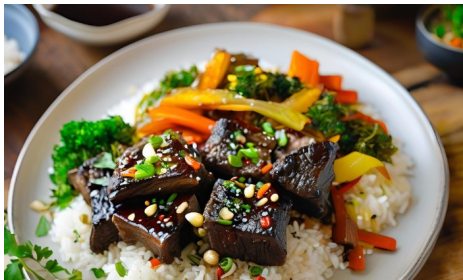


Beef Short Ribs Asia Style | Wok-Vegetables | Chili - Coriander Gremolata

Cuisine: **South-East Asian**
Food category: **Beef**








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Program steps


1


 Steaming

 Termination by time

 20:00 hh:mm


 68 °C


 50 %





2


Short Ribs auspacken und auf Grillrost legen


 Hot air


 50 %

 Termination by time

 00:10 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 2		
Name	Value	Unit
Beef Short Ribs		
Name	Value	Unit
Beef Short Ribs with 3 bones	2	pcs
beef stock	100	ml
teriyaki sauce	200	ml
rice vinegar	50	ml
Light soy Sauce	50	ml
Mirin	50	ml
lime juice	30	ml
chopped ginger	20	g
chopped red chili	2	pcs
roasted sesame seeds	10	g
ketchup	100	ml

wok vegetables		
Name	Value	Unit
carrot strips	100	g
red onion	80	g
pepper strips colorful	100	g
Pak Choi	1	pcs
Green onion(Slice)	50	g
mushrooms	100	g

Directions

Make a marinade from all the ingredients except the sesame seeds and ketchup and use it to marinate the short ribs and vacuum seal them in sous vide bags.

Set the Retigo combi steamer as in program step 1 and cook the vacuum-sealed ribs for 20 hours.

After cooking, remove the ribs from the bags and set aside.

Put the stock from the bags into a pot, reduce by half, add the ketchup and cook everything to make a BBQ sauce.

Set the Retigo combi steamer as in program step 2 and preheat. Brush the cooked ribs with a little BBQ sauce and finish in the combi steamer.

For the wok vegetables, cut the vegetables into slightly thicker strips and roughly chop the mushrooms. Grill the mushrooms in the Retigo combi steamer on a grill plate at 200°C for approx. 6-8 minutes. Steam the remaining vegetables in the perforated tray at 99°C until al dente.

Make a sauce from the remaining ingredients in the wok, mix in the vegetables and mushrooms, season again to taste, and serve.

The wok vegetables can also be quickly chilled and, if necessary, regenerated in portions in the Retigo combi steamer at 135°C with 30% RH for 3-4 minutes.

For the cremolata, finely chop the chilies, lime peel, coriander and parsley and mix well. Season with a little salt and add oil until a slightly creamy consistency is achieved.

Now arrange the ribs on the wok vegetables and garnish

Name	Value	Unit
Shitake	80	g
oyster sauce	50	ml
fish sauce	20	ml
hoisin sauce	30	ml
Vegetable broth	100	ml
lime juice	20	ml
fresh chilli	1	pcs
Coriander leaves, finely chopped	30	g

with cremolata, roasted sesame seeds and fresh coriander. Basmati rice goes very well as a side dish.

chili-coriander cremolata		
Name	Value	Unit
red chili	2	pcs
lime zest	2	pcs
Coriander leaves, finely chopped	50	g
leaf parsley	50	g
Salt	5	g
5 tbsp vegetable oil	30	ml

Nutrition and allergens	
Allergens: Minerals: Cu, Fe, I, K, Mg, P, Se, Zn Vitamins: A, B, C, D, E, K	
Nutritional value of one portion	Value
Energy	44.8 kJ
Carbohydrate	6.3 g
Fat	0.4 g
Protein	3.1 g
Water	0 g

Recommended accessories



Vision Grill Diagonal



Vision Express Grill



GN container Stainless steel perforated