

Wild bifteki | Auszogne | Cucumber - yogurt | Cherry tomato salad | Red onions | Lime - oregano - vinaigrette

Cuisine: Other

Food category: Game



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH

Program steps

Preheating: 200 °C

1 Hot air 100 % Termination by time 00:10 hh:mm 180 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
wild bifteki		
Name	Value	Unit
ground game	1500	g
shallot cubes	200	g
chopped garlic	80	g
game spice	40	g
Salt	10	g
freshly ground black pepper, ground	10	g
chicken eggs	5	pcs
rolls, stale	5	pcs
parsley, chopped	100	g
feta cheese	500	g
Butter	150	g
Auszogne, doughnuts	5	pcs
red onion rings	200	g
leaf parsley	10	pcs

cucumber yogurt

Name	Value	Unit
cucumber	1	pcs
natural yogurt	500	g
soft cream cheese (philadelphia, ...)	200	g
chopped garlic	50	g
Salt	5	g
freshly ground black pepper, ground	3	g
chopped parsley	50	g

cherry tomato salad

Name	Value	Unit
cherry tomatoes	1000	g
red onions, diced	2	pcs

Directions

Sauté the shallot cubes with the garlic in the butter until translucent, mix in the spices and the chopped parsley and allow everything to cool.

Soak the stale rolls in warm water.

Mix the minced game with the eggs and the soaked, well-squeezed rolls and the onions. Season to taste and thicken with breadcrumbs if necessary.

Fill approx. 150 g of meat mixture with 40 g of feta cheese and shape into bifteki.

Preheat the Retigo combi steamer to 200°C and cook the bifteki on a smooth grill plate with hot air at 180°C for approx. 10 minutes. Then cool down in the blast chiller or keep warm in the Holdomat at 80°C. Keep the Auszognen warm in the Holdomat as well.

For the cucumber yoghurt, grate the cucumbers, add salt and squeeze well.

Mix the natural yoghurt, cream cheese, garlic and spices well, add the cucumbers and let everything sit for at least 30 minutes.

Halve the cherry tomatoes, remove the seeds from the cucumbers and cut the rest into fine cubes. Mix everything with the shallots and chopped basil.

Make a dressing from the remaining ingredients and marinate the salad with it.

Grate the peel of the limes with the Microplane, then remove the remaining peel and separate the lime fillets.

Mix the vinegar, oil, salt, pepper, sugar and xanthan gum well with the hand blender to create a stable emulsion. Mix in the chopped oregano, the lime fillets and the lime zest and season everything again.

When serving, place the zucchini on a plate, fill with the cherry tomato salad and place a warm bifteki on top. Dress everything with lime-oregano vinaigrette and garnish with onion rings and leaf parsley. Serve the cucumber yoghurt separately in a small bowl.

Name	Value	Unit
basil	30	g
Olive Oil	100	ml
wine vinegar	100	ml
water	50	ml
sugar	30	g
Salt	10	g
freshly ground black pepper, ground	5	g

lime oregano vinaigrette

Name	Value	Unit
olive oil	100	ml
wine vinegar	100	ml
Limes	3	pcs
fresh oregano	50	g
sugar	30	g
Salt	5	g
freshly ground black pepper, ground	3	g
xanthan	0.2	g

Nutrition and allergens

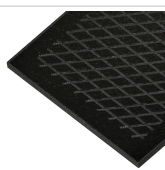
Allergens: 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	908.7 kJ
Carbohydrate	11.7 g
Fat	30.9 g
Protein	11.8 g
Water	0 g

Recommended accessories



Vision Grill