

Planted braised steak | wild broccoli | mashed potatoes | red wine jus




















Cuisine: **German**
Food category: **Vegan dishes**





Author: [Retigo Team Deutschland](#)
Company: [RETIGO Deutschland GmbH](#)

Program steps

Preheating:		195 °C					
1	 Hot air	 100 %	 Termination by time	 00:05 hh:mm	 180 °C	 100 %	
2	 Steaming		 Termination by time	 00:35 hh:mm	 99 °C	 50 %	
3	 Steaming		 Termination by time	 00:03 hh:mm	 99 °C	 50 %	

Ingredients - number of portions - 10		
Name	Value	Unit

planted braised steak		
Name	Value	Unit
planted steak	10	pcs
5 tbsp vegetable oil	50	ml
Salt	5	g
freshly ground black pepper, ground	3	g

mashed potatoes		
Name	Value	Unit
floury potatoes	1500	g
oat or soy drink	100	ml
vegan cream	100	ml
vegan butter	80	g
Salt	10	g
ground white pepper	5	g
ground nutmeg	5	g

wild broccoli		
Name	Value	Unit
wild broccoli	1000	g
vegan butter	100	g

Directions

Brush the planted steaks with a little oil and grill in the Retigo combi steamer at 180°C hot air for about 5 minutes. Then season with salt and pepper and place in the Holdomat at 80°C.

For the mashed potatoes, peel and quarter the potatoes and steam in a perforated insert in the Retigo combi steamer at full steam for about 30-35 minutes until soft.

Heat the vegan milk, cream and butter, add the spices.

Roughly mash the potatoes in a pot and stir in the warm liquid. Season everything again and keep warm.

Cook the wild broccoli in the Retigo combi steamer at full steam in the perforated insert for about 3 minutes. Then toss in liquid vegan butter and season with salt and nutmeg.

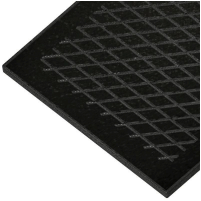
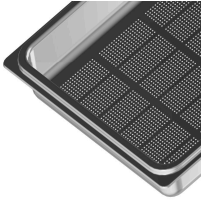
For the red wine jus, roughly dice the vegetables and roast them very well in a shallow pan with the oil. Now add the tomato paste and sugar and roast them while stirring constantly. Be careful not to let it burn!!! When everything is nice and dark, deglaze with some of the red wine and loosen the drippings from the bottom of the pan. Reduce the red wine until the drippings start to form again. Repeat this process 4-5 times. Now top up the roasting mixture with vegetable stock, add spices and let everything simmer gently for about 2 hours.

Name	Value	Unit
Salt	5	g
ground nutmeg	3	g

red wine jus		
Name	Value	Unit
Chantenay Carrots	2	pcs
Celery	1	pcs
Onion	2	pcs
Leeks	1	pcs
mushrooms	500	g
tomato puree	75	g
vegan red wine	500	ml
Vegetable broth	1000	ml
bay leaf	4	pcs
white peppercorns	10	pcs
juniper berries	6	pcs
carnations	3	pcs
sugar	50	g
cornstarch	30	g
5 tbsp vegetable oil	50	ml
soy dipping sauce	50	ml

Nutrition and allergens	
Allergens: Minerals: Cu, Mg, P Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	187.9 kJ
Carbohydrate	39.9 g
Fat	0.4 g
Protein	4.8 g
Water	0 g

Recommended accessories

	
Vision Grill	GN container Stainless steel perforated

Strain the jus through a fine sieve or cloth, season with soy sauce (for saltiness) and thicken with a little cornstarch if necessary.

Put the mashed potatoes on a plate, add the planted steak and wild broccoli and drizzle everything with the red wine jus. Garnish with colorful cress and cherry tomatoes.