

# Planted Schmorsteak | wild broccoli | mashed potatoes | red wine jus

Cuisine: German

Food category: Vegan dishes



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## 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
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### 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 some 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 the potatoes, quarter them, and steam in a perforated insert in the Retigo combi steamer on full steam for about 30-35 minutes until soft. Heat the vegan milk, cream, and butter, and add the spices. Roughly mash the potatoes in a pot and stir in the warm liquid. Adjust seasoning and keep warm.

Cook the wild broccoli in the Retigo combi steamer on 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 strongly with the oil in a shallow pot. Now add the tomato paste and sugar and roast while stirring constantly. Be careful not to burn!!! Once everything is nicely dark, deglaze with a portion of the red wine and release the fond from the bottom of the pot. Reduce the red wine until the fond forms again. Repeat this process 4-5 times. Now fill the roasting base with vegetable broth, add spices, and let everything simmer lightly for about 2 hours. Pass the jus through a fine sieve or cloth, adjust seasoning with soy sauce (for saltiness) and possibly bind with a bit of cornstarch.

Name	Value	Unit
Salt	5	g
ground nutmeg	3	g

Place the mashed potatoes on a plate, arrange the planted steak and wild broccoli, and sauce everything with the red wine jus. Garnish with colorful cress and cherry tomatoes.

## red wine jus

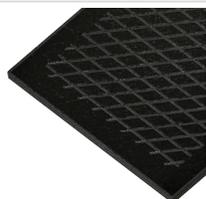
Name	Value	Unit
Chantenay Carrots	2	pcs
Celery	1	pcs
Onion	2	pcs
Leeks	1	pcs
mushrooms	500	g
tomato puree	75	g
vegan red wine	500	ml
Vegetable broth	1000	ml
bay leaf	4	pcs
white peppercorns	10	pcs
juniper berries	6	pcs
carnations	3	pcs
sugar	50	g
cornstarch	30	g
5 tbsp vegetable oil	50	ml
soy dipping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

## Nutrition and allergens

Allergens: SOY  
 Minerals: Calcium, Cu, Iron, Magnesium, Mg, P, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc  
 Vitamins: A, B6, C, D, E, Folate, K, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	351 kJ
Carbohydrate	47.2 g
Fat	15.4 g
Protein	8.3 g
Water	92 g

## Recommended accessories



Vision Grill



GN container Stainless steel perforated