

Dried Beef with chilli

Cuisine: **South-East Asian**

Food category: **Beef**



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Program steps

Preheating: 60 °C

1 Hot air 80 % Termination by time 06:30 hh:mm 55 °C + 80 %

Ingredients - number of portions - 10

| Name | Value | Unit |
|---------------------|-------|------|
| Beef neck | 1.5 | kg |
| Minced lemongrass | 100 | g |
| Minced Garlic | 50 | g |
| Minced shallots | 100 | g |
| Red chilli chopped | 50 | g |
| Five spices powder | 50 | g |
| fish sauce | 100 | ml |
| Black pepper coarse | 10 | g |
| Sunflower oil | 40 | ml |
| Brown Sugar | 100 | g |

Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Manganese,

Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 399.3 kJ |
| Carbohydrate | 20.1 g |
| Fat | 24.4 g |
| Protein | 28.5 g |
| Water | 114.6 g |

Directions

-Clean beef, pat dry then keep in the freezer for 3 hours to firm up the meat.

-Grind all the ingredients and marinade with beef, refrigerate over night.

-Then roll down to thin until 3mm thick with pasta roller machine.

-Arrange the meat on the stainless steel wire shelving and set the temperature to 55 degrees Celsius and dry for at least 6 and half hours or depending on your preference for dry or moist.

Recommended accessories



Stainless wire shelving