

Vietnamese braised beef (Bo Kho)

Cuisine: **South-East Asian**

Food category: **Beef**



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Program steps

Preheating: 180 °C

1	Hot air	100 %	Termination by time	04:00 mm:ss	200 °C	100 %	
2	Combination	50 %	Termination by time	45:00 mm:ss	170 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
Beef shank cube	800	g
Beef chuck cube	400	g
Garlic	20	g
Ginger	40	g
Fish sauce	30	ml
Five spices powder	15	g
Cinnamon powder	10	g
Vegetable oil	30	ml
Carrot	200	g
Onion	1	pcs
Curry leaf	50	g
Basil	20	g
Curry powder	30	g

Name	Value	Unit
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Name	Value	Unit
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Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc

Vitamins: A, B1, B2, B3, B5, B6, C, E, Folate, K, Niacin, Thiamin, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C, Vitamin K

Directions

- Marinated all ingredients and keep overnight.
- Take place for preheating.
- Sear the marinated beef for 4 minutes and add the braised ingredients and continue cooking for 45 minutes or check tenderness.
- When the beef is cook garnish with slice onion and fresh basil.

Nutritional value of one portion	Value
Energy	357.9 kJ
Carbohydrate	7.3 g
Fat	24.5 g
Protein	25.4 g
Water	82.6 g

Recommended accessories



GN container Stainless steel full