


# Vietnamese braised beef ( Bo Kho)

Cuisine: South-East Asian

Food category: Beef



Author: [Myat Ko ko](#)



## 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
------	-------	------

Name	Value	Unit
------	-------	------

## Nutrition and allergens


Allergens:
Minerals:
Vitamins:

## 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	29.2 kJ
Carbohydrate	1.6 g
Fat	0 g
Protein	0.2 g
Water	0 g

Recommended accessories



GN container Stainless steel full