

Stir fried Beef with celery and green peppers corn

Cuisine: South-East Asian
Food category: Beef



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Program steps

Preheating: 190 °C

1

Combination

50 %

Termination by time

00:15 hh:mm

180 °C

100 %

Ingredients - number of portions - 10

Name	Value	Unit
Beef tenderloin slice	1	kg
Celery	100	g
Green peppers corn	50	g
Corn flour	50	g
Sesame oil	20	ml
Oyster sauce	30	ml
Dark soy sauce	20	ml
Rice wine	30	ml
Garlic crush	20	g
Brown sugar	20	g
Salt	10	g
Cooking oil	20	ml
Stock or water	50	ml
freshly ground black pepper	10	g

Directions

Marinate all the ingredients together excluding celery, wine and green peppers corn.
Place in the enameled GN container and sear for 5 minutes.
Add celery, green peppers corn and continue to cook 10 more minutes.
Finished with rice wine and sprinkle with ground black pepper.

Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	13 kJ
Carbohydrate	0.6 g
Fat	0 g
Protein	0.2 g
Water	0 g

Recommended accessories

Enameled GN container