

Beef goulash

Cuisine: **Other**

Food category: **Beef**

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Program steps

1	Zwiebeln anbraten	Combination	25 %	Termination by time	00:05 hh:mm	220 °C	+ 90 %	✕
2	Zwiebeln wenden, braten	Combination	25 %	Termination by time	00:05 hh:mm	220 °C	+ 90 %	✕
3	Paprizieren	Combination	25 %	Termination by time	00:05 hh:mm	220 °C	+ 90 %	✕
4	Ablöschen, einköcheln	Combination	25 %	Termination by time	00:05 hh:mm	220 °C	+ 90 %	✕
5	mit Gewürzen, Fleisch, 1/2 Fond aufkochen	Combination	25 %	Termination by time	00:10 hh:mm	220 °C	+ 90 %	✕
6	mit Mehl bestäuben, restl. Fond auffüllen, garen	Combination	100 %	Termination by time	01:40 hh:mm	145 °C	+ 90 %	✕

Ingredients - number of portions - 50

Name	Value	Unit
beef cubes	10	kg
Onion, coarsely diced	5	kg
clarified butter	500	g
sweet paprika powder	85	g
Hot peppers	15	g
smoked paprika	25	g
July wine	3	l
Salt	100	g
pepper	15	g
ground caraway	20	g
fresh marjoram leaves	75	g
Garlic puree	50	g

Directions

Preheat the combination steam cooker and then let the gastronorm container heat in the combi oven for approximately 10 minutes.

Add onion and clarified butter to the gastronorm container and sauté for 5 minutes at a temperature of 220 °C with a humidity of 25% in the combined steam mode at a fan speed of 90%. Turn the onion and sauté for another 5 minutes.

Then add paprika and sauté for 1 minute at the same setting.

Deglaze with red wine and simmer for approximately 5

Lemon juice	150	ml
lemon peel	25	g
flour	250	g
Meat stock or water	12.5	l

Nutrition and allergens

Allergens:

Minerals: 2mg, 5mg, Calcium: 18mg, Iron: 0, Magnesium:

18mg, Phosphorus: 24mg, Potassium: 322mg, Sodium:

38758 mg, Sodium: 6mg, Zinc: 0

Vitamins: 0µg, 2mg, 4µg, 7mg, Folate: 18µg, Vitamin A: 187,

Vitamin B6: 0, Vitamin C: 143, Vitamin K: 7

Nutritional value of one portion	Value
Energy	713.7 kJ
Carbohydrate	14.9 g
Fat	50.6 g
Protein	54.1 g
Water	210.2 g

minutes at the same setting.

Add spices, meat, and half of the broth and bring to a gentle boil. Then sprinkle with flour and stir, add the remaining broth and cook until tender at a temperature of 145 °C at 100% humidity for approximately 1 hour and 40 minutes at a fan speed of 90%.

Tip: If the peppers are too spicy or do not have sufficient color, you can add a bit of tomato puree to the mixture.