

Beef goulash cooked overnight

Cuisine: German

Food category: Beef



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Program steps

1	Hot air	100 %	Termination by time	00:20 hh:mm	160 °C	100 %	
2	Hot air	100 %	Termination by time	10:00 hh:mm	80 °C	40 %	

Ingredients - number of portions - 10

Name	Value	Unit
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goulash

Name	Value	Unit
Calf's shank or shoulder	2.5	kg
Onions	2.5	kg
Chantenay Carrots	2	pcs
celeriac	0.5	pcs
Salt	40	g
freshly ground black pepper, ground	20	g
sweet paprika powder	50	g
ground caraway	20	g
Lemon zest	20	g
Garlic powder	10	g
Red pepper paste	100	g
dry red wine	500	ml
Veal stock	3	l
sugar	30	g
Sunflower oil	50	ml

Directions

Trim the beef of any tendons and membranes and cut into large cubes (4x4 cm). Dice the onions, carrots, and celery into small cubes. Place the onions and vegetables, along with the oil and sugar, in a GN 1/1-100 mm roasting pan and caramelize in a combi steamer at 160°C for 15-20 minutes. Stir every few minutes. Now add the paprika paste and roast for another 5 minutes. Deglaze with red wine, add the meat and spices, and mix well. Top up with veal stock, place a flat GN pan on top as a lid, and cook the goulash overnight (approx. 10 hours) in a combi steamer at 80°C with the fan running at 40% speed. The next day, taste and adjust the seasoning, thickening if necessary. The goulash can be served with, for example, bread dumplings, spaetzle, boiled potatoes, or simply with bread. In Vienna, Fiakergulasch, named after the horse-drawn carriages, is garnished with a sausage, a fried egg, and a pickle.

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, B6, C, Cholin, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	26 kJ
Carbohydrate	4.2 g
Fat	0.6 g
Protein	0.8 g
Water	0 g