

The Four Elements

Cuisine: **German**
Food category: **Other**



Author: **Retigo Team Deutschland**
Company: **RETIGO Deutschland GmbH**



Program steps

1	Riesengarnele	 Steaming	 Termination by time	 00:20 hh:mm	 52 °C	 50 %	
2	Fasanbrust	 Steaming	 Termination by time	 00:45 hh:mm	 52 °C	 50 %	
3	Rumpsteak	 Steaming	 Termination by time	 00:55 hh:mm	 52 °C	 50 %	
4	Grillen	 Combination	 Termination by time	 00:03 hh:mm	 225 °C	 100 %	

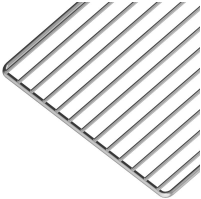
Ingredients - number of portions - 1		
Name	Value	Unit
king prawn	10	pcs
rumpsteak	10	pcs
pheasant breast	10	pcs
pepper cuvée	10	g
sea-salt	10	g
grape seed oil	210	g
stroh rum	200	ml
medjool dates	200	g
can of crushed tomatoes	100	g
garlic cloves, finely chopped	3	pcs
olive oil	75	ml
grape seed oil	25	ml
salt	2	g
whole black pepper	1	g
rosemary sprig	2	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Fe, K, Mg	
Vitamins: A, D, E, K	

Directions
*rump steak approx. 80 grams (halved slice, like a medallion) This recipe reflects the four elements earth, water, air, and fire. The three main components represent the elements earth, water, and air; the fourth element fire is created by flambéing in front of the guest. For the cream, first process the dates, sun-dried tomatoes, garlic, olive oil, the 25ml grape seed oil, salt, pepper, and rosemary (fresh rosemary needles) in a high-performance blender to a paste. Each meat / crustacean component should be vacuum sealed individually with about 1 tsp (7 grams) grape seed oil and cooked sous-vide as described in the program (steps 1-3), using the insertion timer mode. After cooking, remove from the bag and grill in the preheated combi-steamer (step 4), then season, place on the cream, and pour about 2 cl of flaming straw rum over it in front of the guest. Recommended side dishes: fresh baguette and a small vitamin salad with a citrus dressing.

Nutritional value of one portion	Value
Energy	2482.2 kJ
Carbohydrate	155.2 g
Fat	211.6 g
Protein	5.9 g
Water	0 g

Recommended accessories



Stainless wire shelving