

Hungarian-style sautéed beef

Cuisine: **French**
Food category: **Beef**



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Program steps

Preheating: 240 °C

1	Fleisch anbraten	Combination	25 %	Termination by time	00:02 hh:mm	240 °C	90 %	
2	wenden, würzen	Combination	25 %	Termination by time	00:03 hh:mm	240 °C	90 %	
3	auffüllen und ziehen lassen	Combination	20 %	Termination by time	00:17 hh:mm	72 °C	90 %	

Ingredients - number of portions - 10		
Name	Value	Unit
roast beef	1800	g
onion	200	g
clarified butter	150	g
garlic	10	g
sea-salt	15	g
whole black pepper	4	g
ground red pepper	8	g
cayenne pepper	2	g
tomato puree	20	g
demi glace	650	ml
goulash juice	650	ml

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, E, K, Kyselina listová	

Directions
Preheat the combi steamer together with the covered GN container. Then add the meat cubes with clarified butter in the container and sear for 2 minutes at 240°C with a humidity of 25% in combi steam mode with a fan speed of 90%. Turn the meat cubes, add onions, tomato purée, season, and sauté for another 2 minutes at the same conditions. Fill with slightly cooled demi-glace and goulash juice and let it steep at 72°C in combi steam with 20% humidity and 90% fan speed for 17 minutes.

Nutritional value of one portion	Value
Energy	472 kJ
Carbohydrate	3.2 g
Fat	36.7 g
Protein	36.5 g
Water	0 g