

# Monkey Gland Steak with plantain croquettes

Cuisine: **German**  
Food category: **Beef**





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| Program steps |                                                                                                            |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|---------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--|--|
| 1             | Färsensteakhüfte - sousvide gegart                                                                         |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Steaming</div>      |                                                                                                         | <div> Termination by time</div>   | <div> 01:00    hh:mm</div>   | <div> 53    °C</div>    | <div> 50    %</div>   | <div></div>   |  |  |
| 2             | Färsensteakhüfte - grillen                                                                                 |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Combination</div>   | <div> 25    %</div>    | <div> Termination by time</div>   | <div> 00:06    hh:mm</div>   | <div> 225    °C</div>   | <div> 70    %</div>   | <div></div>   |  |  |
| 3             | Maiskolben - sousvide gegart                                                                               |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Steaming</div>    |                                                                                                         | <div> Termination by time</div> | <div> 01:10    hh:mm</div> | <div> 83    °C</div>  | <div> 50    %</div> | <div></div> |  |  |
| 4             | Maiskolben - grillen                                                                                       |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Combination</div> | <div> 25    %</div>  | <div> Termination by time</div> | <div> 00:03    hh:mm</div> | <div> 225    °C</div> | <div> 70    %</div> | <div></div> |  |  |
| 5             | Tomate - geschwitzte Tomaten                                                                               |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Hot air</div>     | <div> 100    %</div> | <div> Termination by time</div> | <div> 00:30    hh:mm</div> | <div> 70    °C</div>  | <div> 70    %</div> | <div></div> |  |  |
| 6             | Kochbanane - dämpfen / garen                                                                               |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Steaming</div>    |                                                                                                         | <div> Termination by time</div> | <div> 00:45    hh:mm</div> | <div> 99    °C</div>  | <div> 50    %</div> | <div></div> |  |  |
| 7             | Kochbanane - frittieren                                                                                    |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Hot air</div>     | <div> 100    %</div> | <div> Termination by time</div> | <div> 00:14    hh:mm</div> | <div> 180    °C</div> | <div> 70    %</div> | <div></div> |  |  |
| 8             | Monkey Gland Sauce                                                                                         |                                                                                                         |                                                                                                                    |                                                                                                               |                                                                                                            |                                                                                                          |                                                                                                  |  |  |
|               | <div> Hot air</div>     | <div> 0    %</div>   | <div> Termination by time</div> | <div> 00:23    hh:mm</div> | <div> 160    °C</div> | <div> 70    %</div> | <div></div> |  |  |

| Ingredients - number of portions - 4 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| plant drink                          | 160   | ml   |
| plain wheat flour                    | 120   | g    |

| Directions                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Steaks: Vacuum seal everything together and cook sousvide at 53°C (medium) in steam mode for 60 minutes. The cooking level from rare to welldone can be adjusted via the temperature: rare 47°C, medium 53°C, welldone 60°C. Then take the meat out of the bag, pat dry a little and season (14 g sea salt per 1 kg of meat). Preheat the combi |

| Name        | Value | Unit |
|-------------|-------|------|
| breadcrumbs | 100   | g    |

| Name                      | Value | Unit |
|---------------------------|-------|------|
| green bananas for cooking | 1100  | g    |
| green bananas for cooking | 600   | g    |
| plain wheat flour         | 2     | pcs  |
| margarine                 | 40    | g    |
| macis                     | 1     | g    |
| mushrooms                 | 100   | g    |
| fried vegetables          | 50    | g    |
| celery                    | 3     | g    |
| sea-salt                  | 8     | g    |
| ground white pepper       | 2     | g    |

| Name                                | Value | Unit |
|-------------------------------------|-------|------|
| tomato                              | 125   | g    |
| stock from the sweated tomatoes     | 80    | ml   |
| bay leaf                            | 3     | pcs  |
| red onion                           | 100   | g    |
| garlic cloves, finely chopped       | 2     | pcs  |
| worcester                           | 75    | ml   |
| mango chutney                       | 120   | g    |
| walnut vinegar                      | 30    | ml   |
| tomatoe sauce                       | 150   | g    |
| tomatoe sauce                       | 150   | g    |
| brown sugar                         | 100   | g    |
| tabasco                             | 20    | ml   |
| freshly ground black pepper, ground | 3     | g    |
| sea-salt                            | 7     | g    |
| celery                              | 3     | g    |

| Name               | Value | Unit |
|--------------------|-------|------|
| cherry tomatoes    | 300   | g    |
| fresh mixed spices | 8     | g    |
| olive oil          | 40    | ml   |

| Name                 | Value | Unit |
|----------------------|-------|------|
| 5 tbsp vegetable oil | 60    | ml   |
| sea-salt             | 10    | g    |
| smoked curry         | 2     | g    |

| Name               | Value | Unit |
|--------------------|-------|------|
| rump steak         | 600   | g    |
| fresh hay          | 20    | g    |
| whole black pepper | 10    | g    |

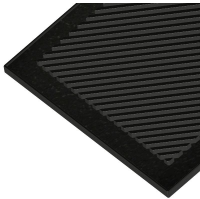
steamer to 225°C in combi steam mode, 25% humidity, 70% fan speed with a coated grill plate. After preheating, grill the rump steak for about 4 to 8 minutes, depending on the desired browning. Marinated grilled corn: Vacuum seal everything together and cook sousvide in steam mode at 83°C for 70 minutes. Then remove from the bag, pat dry and marinate with the following marinade. Corn Marinade: Preheat the combi steamer to 225°C in combi steam mode, 25% humidity, 70% fan speed with a non-stick grill plate. After preheating, grill the corn for about 2 to 4 minutes until desired browning. Sweated tomatoes: Mix everything together well and put in a coated GN container and let it sweat in the combi steamer at 70°C in hot air mode for 30 minutes, then remove the tomatoes and strain the stock; this will be used for the tomato ragout. The sweated tomatoes serve as a vegetable side dish with the corn, or as decoration. Tomato ragout: Now put everything together in a coated GN container and let it braise in the combination steamer at 160°C in hot air mode with the humidity flap open for approx. 20-25 minutes, with a fan speed of 70%. Plantain croquettes: Place the green plantain in a frying basket and steam in the combi steamer at 99°C and 50% fan speed for 45 minutes. Then remove the bananas from the peel and mash them finely. Knead with other ingredients into a fine mass, form croquettes and bread them with flour, plant milk, breadcrumbs or panko. Feel free to use spray fat or phase with paprika content: Spray or brush the croquettes with it and place them in a frying basket, fry in a preheated combi steamer at 180°C in hot air mode for 14 minutes, turning once or twice in the meantime.

| Name               | Value | Unit |
|--------------------|-------|------|
| china rose sprouts | 40    | g    |

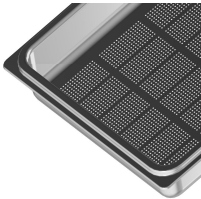
| Name                          | Value | Unit |
|-------------------------------|-------|------|
| corn on the cob               | 4     | pcs  |
| garlic cloves, finely chopped | 3     | pcs  |
| chili pepper                  | 1     | pcs  |
| whole black pepper            | 5     | g    |
| bay leaf                      | 1     | pcs  |
| rosemary                      | 5     | g    |
| lemon thyme                   | 7     | g    |

| Nutrition and allergens                                                                     |           |
|---------------------------------------------------------------------------------------------|-----------|
| Allergens: 1<br>Minerals: Ca, Cu, Fe, I, K, Mg, P, Se, Zn<br>Vitamins: A, B, B6, C, D, E, K |           |
| Nutritional value of one portion                                                            | Value     |
| Energy                                                                                      | 1179.7 kJ |
| Carbohydrate                                                                                | 206 g     |
| Fat                                                                                         | 16.2 g    |
| Protein                                                                                     | 48.9 g    |
| Water                                                                                       | 0 g       |

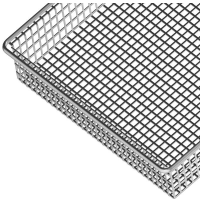
## Recommended accessories



Vision Grill Diagonal



GN container Stainless steel perforated



Vision Frit