

Japanese style braised beef Offal

Cuisine: Japanese
Food category: Beef

Author: Steve Shih
Company: Retigo Asia Limited



Program steps

Preheating: 190 °C

1

Combination

50 %

Termination by time

03:30 hh:mm

160 °C

100 %

Ingredients - number of portions - 10

Name	Value	Unit
Beef tendon	300	g
Beef offal	500	g
Ginger	50	g
cabbage leaves, cleaned	200	g
Leeks	50	g
Dashi Soup Packet	1000	ml
Sake	50	ml
Water	2000	ml
Soy sauce	100	ml
Garlic	20	g

Directions

- 1.If needed, defrost the beef tendons first.
- 2.Cut the beef tendons into bite-sized pieces. Do not cut them too small, as they will shrink during cooking.
- 3.Peel the white radish and cut it into 1-inch thick slices.
- 4.To remove the bitterness from the white radish, you can peel off a 0.5 cm thick layer or blanch the radish in rice water.
- 5.Peel the ginger, cut it in half, then slice and crush it.
- 6.Place all ingredients into the classic GN full stainless steel.
- 7.Rinse the ingredients.
- 8.Add stock and water to cover the ingredients.
- 9.Preheat to target temp and stewed to completely soft.
- 10.Braised beef tendons go perfectly with mustard.

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, C, K

Nutritional value of one portion	Value
Energy	5.8 kJ
Carbohydrate	1 g
Fat	0 g
Protein	0.4 g
Water	0 g

Recommended accessories

GN container Stainless steel full

Enameled GN container