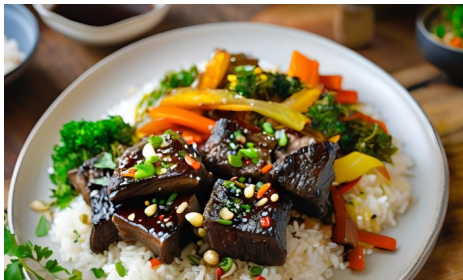


Beef Short Ribs Asia Style | Wok Vegetables | Chili - Coriander Gremolata

Cuisine: South-East Asian
Food category: Beef





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Company: RETIGO Deutschland GmbH

Program steps

1

Steaming

Termination by time

20:00 hh:mm

68 °C

+ 50 %

2

Short Ribs auspacken und auf Grillrost legen

Hot air

50 %

Termination by time

00:10 hh:mm

180 °C

+ 100 %

Ingredients - number of portions - 2		
Name	Value	Unit
Beef Short Ribs		
Name	Value	Unit
Beef Short Ribs with 3 bones	2	pcs
beef stock	100	ml
teriyaki sauce	200	ml
rice vinegar	50	ml
Light soy Sauce	50	ml
Mirin	50	ml
lime juice	30	ml
chopped ginger	20	g
chopped red chili	2	pcs
roasted sesame seeds	10	g
ketchup	100	ml

wok vegetables		
Name	Value	Unit
carrot strips	100	g
red onion	80	g
pepper strips colorful	100	g
Pak Choi	1	pcs
Green onion(Slice)	50	g
mushrooms	100	g

Directions

Prepare a marinade from all ingredients except the sesame and the ketchup and marinate the short ribs with it, then vacuum seal in sous vide suitable bags.

Set the Retigo combi-steamer as in program step 1 and cook the vacuum-sealed ribs for 20 hours.

After cooking, take the ribs out of the bags and set aside. Pour the stock from the bags into a pot, reduce by half, add the ketchup, and reduce everything to a BBQ sauce.

Set the Retigo combi-steamer as in program step 2 and allow to preheat. Brush the cooked ribs with some BBQ sauce and finish in the combi-steamer.

For the wok vegetables, cut the vegetables into slightly thicker strips and roughly chop the mushrooms. Grill the mushrooms in the Retigo combi-steamer on a grilling plate at 200°C for about 6-8 minutes. Steam the remaining vegetables in a perforated tray at 99°C until al dente. Prepare a sauce in the wok from the remaining ingredients, mix in the vegetables and mushrooms, adjust seasoning, and it's ready to serve.

The wok vegetables can also be quickly chilled and, if needed, regenerated portion-wise in the Retigo combi-steamer at combi-steam 135°C with 30% humidity for 3-4 minutes.

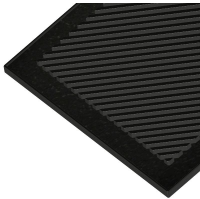
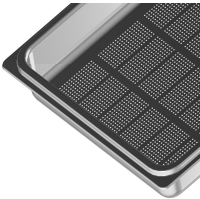
For the gremolata, finely chop the chilies, lime zest, coriander, and parsley and mix well. Season with a bit of salt and add oil until a slightly creamy consistency is achieved.

Name	Value	Unit
Shitake	80	g
oyster sauce	50	ml
fish sauce	20	ml
hoisin sauce	30	ml
Vegetable broth	100	ml
lime juice	20	ml
fresh chilli	1	pcs
Coriander leaves, finely chopped	30	g

Now plate the ribs on the wok vegetables and garnish with gremolata, roasted sesame, and fresh coriander. Basmati rice pairs very well as a side dish.

chili-coriander cremolata		
Name	Value	Unit
red chili	2	pcs
lime zest	2	pcs
Coriander leaves, finely chopped	50	g
leaf parsley	50	g
Salt	5	g
5 tbsp vegetable oil	30	ml

Nutrition and allergens	
Allergens: sesame, soy, Soy, wheat Minerals: 24 mg, 41 mg, 55 mg, 73 mg, Calcium, Calcium: 18 mg, Calcium: 41 mg, Cu, Fe, I, Iron, Iron: 0, K, Magnesium, Magnesium: 12 mg, Magnesium: 18 mg, Mg, P, Phosphorus, Phosphorus: 24 mg, Phosphorus: 38 mg, Potassium, Potassium: 320 mg, Potassium: 322 mg, Se, Sodium, Sodium: 3 mg, Sodium: 38758 mg, Sodium: 69 mg, Zinc, Zinc: 0, Zn Vitamins: 0 IU, 14 mg, 2 µg, 40 mcg, 7 mg, 9 mg, A, B, B Vitamins (B1, B1, B12), B2, B3, B5, B6, B7, B9, C, D, E, Folate, Folate: 19 µg, K, Vitamin A, Vitamin A: 314, Vitamin A: 835 µg, Vitamin B6: 0, Vitamin C, Vitamin C: 143, Vitamin C: 5, Vitamin D, Vitamin K, Vitamin K: 13, Vitamin K: 7	
Nutritional value of one portion	Value
Energy	148.1 kJ
Carbohydrate	23.2 g
Fat	3.7 g
Protein	7.2 g
Water	179 g

Recommended accessories		
 Vision Grill Diagonal	 Vision Express Grill	 GN container Stainless steel perforated