

Braised beef with chilli and lime (Thai)

Cuisine: **South-East Asian**
Food category: **Beef**





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Program steps

Preheating: 180 °C

1

Combination

40 %

Termination by time

00:40
hh:mm

180 °C

100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Meaty Beef Ribs	1	kg
Garlic	10	pcs
Lemongrass stalk	3	pcs
brown sugar	50	g
Salt	20	g
Onion chunk	100	g
lime juice	50	ml
Basil	10	g
Sawtooth leaf	10	g
Fresh green chilli	70	g
Crush black pepper	10	g

Directions

-Marinate the beef with salt, brown sugar and braised for 30 minutes or until tender.

-Add garlic, onion, lemongrass, green chilli and braised for 10 more minutes.

-Sprinkles with lime juice, crush black pepper and fresh herbs before serving.

Nutrition and allergens	
Allergens: Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc Vitamins: Folate, Niacin, Thiamin, Thiamine, Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Vitamin K	
Nutritional value of one portion	Value
Energy	1139.3 kJ
Carbohydrate	7.9 g
Fat	18.2 g
Protein	18.4 g
Water	17.3 g

Recommended accessories



GN container Stainless
steel full