

Dried Beef with chilli

Cuisine: South-East Asian

Food category: Beef



Author: Myat Ko ko



Program steps

Preheating: 60 °C

1

 Hot air

 80 %

 Termination by time

 06:30 hh:mm

 55 °C

 80 %



Ingredients - number of portions - 10

Name	Value	Unit
Beef neck	1.5	kg
Minced lemongrass	100	g
Minced Garlic	50	g
Minced shallots	100	g
Red chilli chopped	50	g
Five spices powder	50	g
fish sauce	100	ml
Black pepper coarse	10	g
Sunflower oil	40	ml
Brown Sugar	100	g

Nutrition and allergens

Allergens: Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc Vitamins: Folate, Vitamin A, Vitamin B6, Vitamin C, Vitamin K	
Nutritional value of one portion	Value
Energy	399.3 kJ
Carbohydrate	20.1 g
Fat	24.4 g
Protein	28.5 g
Water	114.6 g

Directions

- Clean beef, pat dry then keep in the freezer for 3 hours to firm up the meat.
- Grind all the ingredients and marinade with beef, refrigerate over night.
- Then roll down to thin until 3mm thick with pasta roller machine.
- Arrange the meat on the stainless steel wire shelving and set the temperature to 55 degrees Celsius and dry for at least 6 and half hours or depending on your preference for dry or moist.

Recommended accessories



Stainless wire shelving