

Vietnamese braised beef (Bo Kho)

Cuisine: South-East Asian
Food category: Beef



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Program steps

Preheating:

180 °C

1	Hot air	100 %	Termination by time	04:00 mm:ss	200 °C	100 %	
2	Combination	50 %	Termination by time	45:00 mm:ss	170 °C	100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
Beef shank cube	800	g
Beef chuck cube	400	g
Garlic	20	g
Ginger	40	g
Fish sauce	30	ml
Five spices powder	15	g
Cinnamon powder	10	g
Vegetable oil	30	ml
Carrot	200	g
Onion	1	pcs
Curry leaf	50	g
Basil	20	g
Curry powder	30	g

Name	Value	Unit
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Name	Value	Unit
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Nutrition and allergens

Allergens:
Minerals: Calcium, Iron, Magnesium, Manganese,
Phosphorus, Potassium, Sodium, Zinc
Vitamins: A, B1, B2, B3, B5, B6, C, E, Folate, K, Niacin,
Thiamin, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C,
Vitamin K

Directions

-Marinated all ingredients and keep overnight.

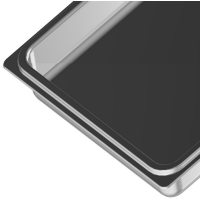
-Take place for preheating.

-Sear the marinated beef for 4 minutes and add the braised ingredients and continue cooking for 45 minutes or check tenderness.

-When the beef is cook garnish with slice onion and fresh basil.

Nutritional value of one portion	Value
Energy	357.9 kJ
Carbohydrate	7.3 g
Fat	24.5 g
Protein	25.4 g
Water	82.6 g

Recommended accessories



GN container Stainless steel full