

# Beef stock cooked overnight

Cuisine: **Czech**

Food category: **Beef**



Author: **Ondrej Vlcek**

Company: **Retigo**

## Program steps

1 roasting bones and vegetables

Hot air 100% Termination by time 00:30 hh:mm 210 °C 80%

2 Simmering stock overnight

Combination 100% Termination by time 12:00 hh:mm 92 °C 50%

## Ingredients - number of portions - 20

Name	Value	Unit
Meaty beef bones	2	kg
Onions large quartered	4	pcs
Carrots - Large cut	6	pcs
Celery sticks cut	4	pcs
Water	5	l
Leeks optional	2	pcs
salt, pepper	25	g
bay leaf	4	pcs
allspice whole	15	pcs

## Directions

First place the bones and all vegetables into deep enameled gn container or a metal pot and roast until golden colored and smelling just beautifully. Fill up with water and add all the seasonings and return into our premium combi oven. Using the program provided slowly cook overnight to get nice rich, fragrant and golden colored stock. Pass it through sieve and if you are using the meat as well you can pick it off the bones. Serve ideally with noodles and picked meat in cold winter days.

## Nutrition and allergens

Allergens:

Minerals: 56mg, 6mg, Calcium, Calcium 55mg, Iron, Iron 8, Magnesium, Magnesium 60mg, Phosphorus, Phosphorus 12mg, Potassium, Potassium 724mg, Sodium, Sodium 4mg, Zinc, Zinc 0

Vitamins: 05mg, 06mg, 33mg, 44mg, 5mg, Folate, Niacin (B3) 1, Riboflavin (B2) 0, Thiamin (B1) 0, Vitamin A, Vitamin A 511IU, Vitamin B6, Vitamin C, Vitamin C 0, Vitamin E 2, Vitamin K

Nutritional value of one portion	Value
Energy	250 kJ
Carbohydrate	0 g
Fat	20 g
Protein	20 g
Water	60 g

## Recommended accessories



Enameled GN  
container