

Beef goulash cooked overnight

Cuisine: **German**
Food category: **Beef**





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Program steps							
1	 Hot air	 100 %	 Termination by time	 00:20 hh:mm	 160 °C	 100 %	
2	 Hot air	 100 %	 Termination by time	 10:00 hh:mm	 80 °C	 40 %	

Ingredients - number of portions - 10		
Name	Value	Unit

goulash		
Name	Value	Unit
Calf's shank or shoulder	2.5	kg
Onions	2.5	kg
Chantenay Carrots	2	pcs
celeriac	0.5	pcs
Salt	40	g
freshly ground black pepper, ground	20	g
sweet paprika powder	50	g
ground caraway	20	g
Lemon zest	20	g
Garlic powder	10	g
Red pepper paste	100	g
dry red wine	500	ml
Veal stock	3	l
sugar	30	g
Sunflower oil	50	ml

Nutrition and allergens	
Allergens:	
Minerals: Ca, Calcium, Cu, Fe, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc, Zn	
Vitamins: A, B, B vitamins (B1, B2, B3, B5, B6, B6), C, Cholin, E, Folate, K, Kyselina listová, Vitamin B6, Vitamin C	

Directions
Remove the sinews and bone skin from the beef and cut it into large cubes (4x4 cm). Cut the onions, carrots, and celery into small cubes.
Caramelize the onions and vegetables together with the oil and sugar in an AMT bräter GN 1/1-100 mm in the combi steamer at 160°C for 15-20 minutes. Stir every few minutes.
Now add the paprika paste and roast for 5 minutes. Deglaze with red wine, add the meat and spices, and mix well.
Fill up with the veal stock, place a flat GN tray as a lid on top, and cook the goulash overnight (about 10 hours) in the combi steamer at 80°C with 40% fan speed.
The next day, adjust the seasoning again, possibly thicken a bit.
The goulash can be served, for example, with bread dumplings, Spätzle, boiled potatoes, or simply with bread.
In Vienna, the Fiaker goulash, named after the horse-drawn carriages, is garnished with a breakfast sausage, a fried egg, and a pickled cucumber.

Nutritional value of one portion	Value
Energy	714 kJ
Carbohydrate	33.2 g
Fat	31.8 g
Protein	74.6 g
Water	365.5 g