

Fricassée de veau à la Marseillaise

Cuisine: **French**
Food category: **Beef**



Author: **Retigo Team Deutschland**
Company: **RETIGO Deutschland GmbH**



Program steps

Preheating: 160 °C

1	Kalbfleisch anbraten	 Combination	 15 %	 Termination by time	 00:08 hh:mm	 160 °C	 + 90 %	
2	Wenden, würzen, Schalotten, Paprika, Zwiebeln zugeben und weiter braten	 Combination	 15 %	 Termination by time	 00:08 hh:mm	 160 °C	 + 90 %	
3	Mit Weißwein ablöschen, reduzieren	 Combination	 15 %	 Termination by time	 00:01 hh:mm	 160 °C	 + 90 %	
4	Mehlieren, Tomaten hinzugeben und köcheln	 Combination	 30 %	 Termination by time	 00:20 hh:mm	 125 °C	 + 90 %	
5	Umstechen und garen	 Combination	 30 %	 Termination by time	 00:20 hh:mm	 125 °C	 + 90 %	

Ingredients - number of portions - 10		
Name	Value	Unit
veal	1500	g
clarified butter	150	g
green paprika	200	g
shallot	150	g
dry white wine	200	ml
tomato	400	g
garlic	15	g
salt	15	g
brown sugar	3	g
whole black pepper	5	g
sprig of parsley	30	g
plain wheat flour	40	g

Nutrition and allergens

Directions

First preheat the combi steamer and the GN containers well. Then put the pieces of veal with the clarified butter in the container and leave for

Fry for 8 minutes in combination steam at 160°C, 15% humidity and fan speed 90%. Turn the veal pieces, season, add the shallot cubes, garlic puree and pepper strips and fry for another 8 minutes.

Deglaze with white wine and let reduce for 1 minute. Add flour, add the tomato quarters, reduce the temperature and let it simmer gently

Combi steam mode at 125°C for 20 minutes with humidity 30% and fan speed 90%. Then turn over and cook for another 20 minutes at the same temperature Climate. Just before serving, add the fresh chopped herbs to the fricassée.

Allergens: 1
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	371.1 kJ
Carbohydrate	8.2 g
Fat	25.7 g
Protein	30.1 g
Water	0 g