

# Braised Beef Brisket

Cuisine: **Chinese**  
Food category: **Beef**



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## Program steps

Preheating: 225 °C

|   |                                                                                               |                                                                                        |                                                                                                       |                                                                                               |                                                                                            |                                                                                           |                                                                                     |
|---|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1 |  Combination |  30 % |  Termination by time |  15:00 mm:ss |  210 °C |  90 %  |  |
| 2 |  Combination |  30 % |  Termination by time |  02:00 hh:mm |  135 °C |  90 %  |  |
| 3 |  Hot air     |  0 %  |  Termination by time |  30:00 mm:ss |  210 °C |  100 % |  |

| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| brisket                               | 2     | kg   |

| Name                                   | Value | Unit |
|----------------------------------------|-------|------|
| ginger root, peeled and finely chopped | 30    | g    |
| shallot                                | 30    | g    |
| star anise                             | 1     | g    |
| garlic                                 | 10    | g    |
| cinnamon                               | 1     | g    |
| clove                                  | 1     | g    |
| soy dipping sauce                      | 200   | ml   |
| rice wine                              | 30    | ml   |
| spicy fermented bean curd              | 5     | g    |
| spicy bean sauce                       | 30    | g    |
| water                                  | 5     | l    |
| caraway seeds                          | 1     | g    |

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Directions

✓ The first stage

◇ Roasted and then stewed to produce aroma and stewed in the soup together

◇ Roast and color before stewing, which can save stewing time

✓ The second stage

◇ Uncover the lid for the first hour, speed up the stewing and bring to a boil

◇ Cover the lid for the second hour to prevent the surface of the sirloin from being air-dried and over-burned

◇ Take it out and cover it for 30 minutes to help soften the taste

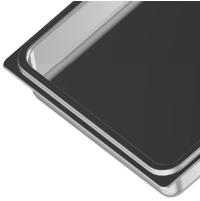
✓ The third stage

◇ Collect the juice on high heat, remove the sirloin, and make the soup separately

◇ Without the lid, the high temperature accelerates the juice collection and shortens the time

| Nutritional value of one portion | Value  |
|----------------------------------|--------|
| Energy                           | 377 kJ |
| Carbohydrate                     | 2 g    |
| Fat                              | 20.3 g |
| Protein                          | 44.5 g |
| Water                            | 0 g    |

Recommended accessories



GN container Stainless steel full