

Beef Stew with Red Wine

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



Author: **Gary CHIU**
Company: **Retigo Asia**



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
Meaty Beef Ribs	2.5	kg

ingredients		
Name	Value	Unit
onion	200	g
carrot	200	g
parsley root	100	g
garlic	20	g
bay leaf	3	g
thyme	5	g
dry white wine	1200	ml
beef stock	5	l
sea-salt	3	g
freshly ground black pepper, ground	0.5	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K, Kyselina listová	

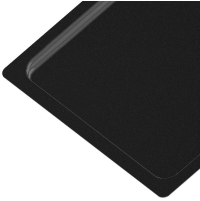
Directions

- ✓ The first stage
 - ◇ Seasoned raw ribs dipped in flour and grilled, stewed to a soup consistency
 - ◇ Roasted and then stewed to produce aroma and stewed in the soup together
 - ◇ Roast and color before stewing, which can save stewing time
 - ◇ Roast first and then stew to remove excess fat, and the soup is less oily
- ✓ The second stage
 - ◇ The red wine broth should cover the surface, and the broth is 1.7 times that of beef
 - ◇ Stew on medium heat for 2 hours to soften the glutinous muscles
 - ◇ 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 beef, and make the soup separately
 - ◇ Beef ribs need to consider weightlessness and step retention rate, the longer the stew, the better
 - ◇ It is necessary to consider the upper level of access and safety issues

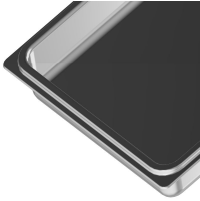
Nutritional value of one portion	Value
Energy	2802 kJ
Carbohydrate	7.2 g
Fat	45.2 g
Protein	45.9 g
Water	0 g

- ◇ Without the lid, the high temperature accelerates the juice collection and shortens the time
- ◇ Steam oven production does not require human care, stirring at any time

Recommended accessories



Vision Bake



GN container Stainless steel full



Enameled GN container