

Japanese style braised beef Offal

Cuisine: **Japanese**
Food category: **Beef**

Author: **Steve Shih**
Company: **Retigo Asia Limited**



Program steps

Preheating: 190 °C

1

Combination

50 %

Termination by time

03:30 hh:mm

160 °C

100 %

Ingredients - number of portions - 10		
Name	Value	Unit
Beef tendon	300	g
Beef offal	500	g
Ginger	50	g
cabbage leaves, cleaned	200	g
Leeks	50	g
Dashi Soup Packet	1000	ml
Sake	50	ml
Water	2000	ml
Soy sauce	100	ml
Garlic	20	g

Nutrition and allergens	
Allergens: Fish, Soy Minerals: Ca, Calcium, Co, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Sodium, Zinc, Zn Vitamins: A, B, C, Folate, K, Niacin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K	
Nutritional value of one portion	Value
Energy	176.8 kJ
Carbohydrate	3.3 g
Fat	10.7 g
Protein	21.8 g
Water	59.8 g

Directions
1.If needed, defrost the beef tendons first. 2.Cut the beef tendons into bite-sized pieces. Do not cut them too small, as they will shrink during cooking. 3.Peel the white radish and cut it into 1-inch thick slices. 4.To remove the bitterness from the white radish, you can peel off a 0.5 cm thick layer or blanch the radish in rice water. 5.Peel the ginger, cut it in half, then slice and crush it. 6.Place all ingredients into the classic GN full stainless steel. 7.Rinse the ingredients. 8.Add stock and water to cover the ingredients. 9.Preheat to target temp and stewed to completely soft. 10.Braised beef tendons go perfectly with mustard.

Recommended accessories



GN container Stainless
steel full



Enameled GN
container