


The four elements


Cuisine: **German**Food category: **Other**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**


Program steps

1


Riesengarnele

Steaming


Termination by time

00:20


hh:mm

52

°C


50


%




2


Fasanbrust

Steaming


Termination by time

00:45


hh:mm

52

°C


50


%




3


Rumpsteak

Steaming


Termination by time

00:55


hh:mm

52

°C


50


%




4


Grillen

Combination


25

%


Termination by time

00:03


hh:mm

225

°C

100

%



Ingredients - number of portions - 1

Name	Value	Unit
king prawn	10	pcs
rumpsteak	10	pcs
pheasant breast	10	pcs
pepper cuvée	10	g
sea-salt	10	g
grape seed oil	210	g
stroh rum	200	ml
medjool dates	200	g
can of crushed tomatoes	100	g
garlic cloves, finely chopped	3	pcs
olive oil	75	ml
grape seed oil	25	ml
salt	2	g
whole black pepper	1	g
rosemary sprig	2	g

Nutrition and allergens

Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	2482.2 kJ
Carbohydrate	155.2 g
Fat	211.6 g
Protein	5.9 g
Water	0 g

Directions

*rump steak approx. 80 grams (halved slice, like a medallion)
This recipe reflects the four elements of earth, water, air and fire.

The three main components here represent the elements earth, water and air, the fourth element, fire, is created by flambéing in front of the guest's eyes.

For the cream, first process the dates, dried tomatoes, garlic, olive oil, 25ml grape seed oil, salt, pepper and rosemary (fresh rosemary needles) into a paste in a high-performance blender.

Vacuum seal each meat/shellfish component individually with approx. 1 teaspoon (7 grams) of grape seed oil and cook sous vide as described in the program (steps 1-3), using the insert timer mode. After cooking, remove from the bag and grill in the preheated combi steamer (step 4), then season, place on the cream and pour approx. 2 cl of burning straw rum over the guest.

Side dish recommendation: fresh baguette and small vitamin salad with a citrus dressing.

Recommended accessories



Stainless wire shelving