

# Classic beef goulash

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

## Program steps

Preheating: **220 °C**

|   |                                                  |             |       |                     |       |       |        |        |  |
|---|--------------------------------------------------|-------------|-------|---------------------|-------|-------|--------|--------|--|
| 1 | Zwiebeln anbraten                                | Combination | 25 %  | Termination by time | 00:05 | hh:mm | 220 °C | + 90 % |  |
| 2 | Zwiebeln wenden, braten                          | Combination | 25 %  | Termination by time | 00:05 | hh:mm | 220 °C | + 90 % |  |
| 3 | Paprizieren                                      | Combination | 25 %  | Termination by time | 00:05 | hh:mm | 220 °C | + 90 % |  |
| 4 | Ablöschen, einköcheln                            | Combination | 25 %  | Termination by time | 00:05 | hh:mm | 220 °C | + 90 % |  |
| 5 | mit Gewürzen, Fleisch, 1/2 Fond aufkochen        | Combination | 25 %  | Termination by time | 00:10 | hh:mm | 220 °C | + 90 % |  |
| 6 | mit Mehl bestäuben, restl. Fond auffüllen, garen | Combination | 100 % | Termination by time | 01:40 | hh:mm | 145 °C | + 90 % |  |

## Ingredients - number of portions - 10

| Name                  | Value | Unit |
|-----------------------|-------|------|
| beef                  | 2000  | g    |
| onion                 | 1000  | g    |
| clarified butter      | 100   | g    |
| red pepper powder     | 17    | g    |
| ground hot paprika    | 3     | g    |
| ground smoked paprika | 5     | g    |
| dry red wine          | 600   | ml   |
| salt                  | 20    | g    |
| whole black pepper    | 3     | g    |
| caraway seeds         | 8     | g    |
| fresh marjoram leaves | 15    | g    |
| garlic                | 10    | g    |
| lime juice            | 30    | ml   |
| lemon peel            | 5     | g    |
| plain wheat flour     | 50    | g    |
| poultry stock         | 5000  | ml   |
| Lemons                | 100   | g    |

## Nutrition and allergens

Allergens: 1

## Directions

Preheat the combi steamer, then let the GN container in the combi steamer reach temperature for approx. 10 minutes.

Put the onions with clarified butter in the GN container and fry for 5 minutes

220°C with a humidity of 25% in combination steam mode at a fan speed

of 90%. Turn the onions and let them fry for another 5 minutes.

Then smear for 1 minute at the same setting.

Deglaze with the red wine and simmer for about 5 minutes at the same setting.

Add spices, meat and half of the stock and bring to a simmer.

Afterward

Dust with flour and stir, fill with the remaining stock and cook until tender

145°C at a humidity of 100% for about 1 hour and 40 minutes with a fan speed of 90%.

Tip: If the pepper is too hot or doesn't have enough color, you can add a little to the base

Add tomato puree.

| Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, C, Cholin, E, K, Kyselina listová |          |
|-------------------------------------------------------------------------------------------------------------------|----------|
| Nutritional value of one portion                                                                                  | Value    |
| Energy                                                                                                            | 515.8 kJ |
| Carbohydrate                                                                                                      | 15.9 g   |
| Fat                                                                                                               | 26.7 g   |
| Protein                                                                                                           | 52.3 g   |
| Water                                                                                                             | 9.5 g    |