

Emincé à l'arlésienne

Cuisine: **French**
Food category: **Beef**



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Program steps

Preheating:

220 °C

1	Zwiebeln anbraten	 Combination  25 %  Termination by time  00:05 hh:mm  220 °C  90 % 
2	Wenden, Gemüse mit anbraten	 Combination  25 %  Termination by time  00:05 hh:mm  220 °C  90 % 
3	Tomaten zugeben und dünsten	 Combination  20 %  Termination by time  00:15 hh:mm  120 °C  90 % 
4	Emincés ziehen lassen	 Combination  25 %  Termination by time  00:20 hh:mm  80 °C  90 % 

Ingredients - number of portions - 10		
Name	Value	Unit
beef	1800	g
onion	200	g
aubergine	200	g
tomato	300	g
green paprika	150	g
clarified butter	100	g
sea-salt	15	g
whole black pepper	3	g
garlic	10	g
fresh thyme	2	g
sprig of parsley	10	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
*Boiled, stewed, braised beef cut into 1 cm thick slices The combi steamer together with a coated GN container for about 10 minutes preheat. Then put the onions with clarified butter in the container and leave for 5 Fry for minutes at 220°C with a humidity of 25% in combination steam mode at one Fan speed of 90%. Turn the onions, add the eggplant and peppers and let it fry for another 5 minutes. Season and add the tomato strips and Let it steam for 15 minutes in a combination steam at 120°C, 20% humidity, 90% fan speed, then perfume with herbs and pour over the slices of meat while it is boiling hot. which are available in another coated container. These warm in the combi steamer Allow to steep at 80°C combined steam with 20% humidity for 20 minutes at 90% fan speed.

Nutritional value of one portion	Value
Energy	415.1 kJ
Carbohydrate	5.8 g
Fat	24.5 g
Protein	46 g
Water	0 g