

Beef ragout

Cuisine: **Italian**
Food category: **Beef**



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Company: **Retigo**



Program steps

Preheating: 220 °C

1	 Hot air	 100 %	 Termination by time	 00:05 hh:mm	 200 °C	 100 %	
2	add root vegetables and the thyme						
	 Hot air	 100 %	 Termination by time	 00:05 hh:mm	 180 °C	 100 %	
3	add onion and garlic						
	 Hot air	 100 %	 Termination by time	 00:05 hh:mm	 180 °C	 100 %	
4	add the tomato paste and wine						
	 Hot air	 100 %	 Termination by time	 00:05 hh:mm	 180 °C	 100 %	
5	add the tomatoes and the stock, cover the GN with a lid						
	 Combination	 50 %	 Termination by time	 00:30 hh:mm	 160 °C	 100 %	

Ingredients - number of portions - 14		
Name	Value	Unit
ground beef	2500	g
onion	4	pcs
carrot	250	g
parsley root	200	g
tomato puree	400	g
can of crushed tomatoes	1200	g
garlic cloves, finely chopped	7	pcs
dry red wine	650	ml
beef stock	4	l
thyme	4	pcs
salt	3	g
5 tbsp vegetable oil	50	ml
freshly ground black pepper, ground	0.5	g

Directions

Roast the minced meat. Cut the vegetables into very small cubes. After the meat is roasted add the oil, and root vegetables. After 5 minutes add the onion and garlic. After that add the tomato paste and wine. And next, add the tomatoes and the stock. Cover with a lid and carry on cooking according to the steps of the program.

Nutrition and allergens

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

Nutritional value of one portion	Value
Energy	464.6 kJ
Carbohydrate	13 g
Fat	30.8 g
Protein	32.4 g
Water	0 g

Recommended accessories



Enameled GN container