

Beef cheeks in red wine

Cuisine: Czech
Food category: Beef



Author: Lukáš Halamicek
Company: Retigo



Program steps

1	Combination	80 %	Termination by time	00:15 hh:mm	120 °C	100 %	
2	Combination	100 %	Termination by time	10:00 hh:mm	82 °C	70 %	
3	Cook & Hold				75 °C	40 %	

Ingredients - number of portions - 10

Name	Value	Unit
beef cheeks	2.5	kg
onion	5	pcs
carrot	5	pcs
Celery	1.5	pcs
dry red wine	0.5	l
salt	20	g
bay leaf	8	pcs
whole black pepper	15	pcs
allspice	15	pcs
vegetable oil	0.3	l
beef stock	0.8	l

Nutrition and allergens


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

Nutritional value of one portion	Value
Energy	322.5 kJ
Carbohydrate	2.5 g
Fat	12.5 g
Protein	52.5 g
Water	0 g


Directions

Place the beef cheeks in a deep dish, add fat and cover with red wine. Then we add vegetables cut into larger pieces, new spices and a bay leaf.
Mix lightly, add salt and pepper and let it soak in the Low-temperature baking mode overnight.
To soften the meat, you need to follow the prescribed time. Once the cooking is complete, remove the meat, strain the sauce and reduce to the desired consistency. Served with mashed potatoes or mashed potatoes.

Recommended accessories



Vision Pan



Enameled GN container