

# Overnight Czech Beef Goulash

Cuisine: Czech  
Food category: Beef



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Company: Retigo



## Program steps

Preheating:

230 °C

|   |             |       |                     |             |        |       |  |
|---|-------------|-------|---------------------|-------------|--------|-------|--|
| 1 | Hot air     | 0 %   | Termination by time | 00:15 hh:mm | 220 °C | 100 % |  |
| 2 | Combination | 100 % | Termination by time | 00:00 hh:mm | 54 °C  | 40 %  |  |

## Ingredients - number of portions - 8

| Name                          | Value | Unit |
|-------------------------------|-------|------|
| Diced Beef                    | 500   | g    |
| Chopped Onions                | 500   | g    |
| extra virgin olive oil        | 10    | ml   |
| ground smoked paprika         | 10    | g    |
| garlic cloves, finely chopped | 4     | pcs  |
| ground caraway                | 10    | g    |
| tomato puree                  | 50    | g    |
| marjoram                      | 10    | g    |
| cayenne pepper                | 10    | g    |
| beef stock                    | 2     | l    |

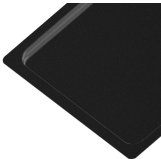
## Nutrition and allergens

| Allergens:<br>Minerals:<br>Vitamins: A, C |          |
|-------------------------------------------|----------|
| Nutritional value of one portion          | Value    |
| Energy                                    | 756.1 kJ |
| Carbohydrate                              | 8.6 g    |
| Fat                                       | 8.2 g    |
| Protein                                   | 22.4 g   |
| Water                                     | 0 g      |

## Directions

Cook down the onion, then add the beef and paprika and mix, then add to a deep cooking container.  
Add tomato puree and beef stock and mix together.  
Sprinkle in the cumin and garlic, cover and cook overnight.  
The next day, remove the beef, and blend together the sauce with a blender.  
Place the beef back into the sauce and check the seasoning, add more marjoram if needed.  
Serve with traditional Czech dumplings.

## Recommended accessories



Vision Bake



Enameled GN container