

Stew on sourdough flatbread

Cuisine: **Middle-East**
Food category: **Beef**



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Company: **Retigo**





Program steps


Preheating:


80 °C

1


 Hot air


 100 %


 Termination by time

 00:05

hh:mm


 120 °C


 + 80 %




2


take out the spices and insert the sous-vide bag


 Steaming


 Termination by time

 01:30

hh:mm

 65 °C

 + 70 %



Ingredients - number of portions - 8

| Name | Value | Unit |
|----------------------------------|-------|------|
| beef shoulder | 1 | kg |
| tomato puree | 500 | g |
| vegetable oil | 50 | ml |
| onion | 2 | pcs |
| cloves garlic, finely chopped | 4 | pcs |
| salt | 5 | g |
| ground black pepper, ground | 1 | g |
| Coriander leaves, finely chopped | 10 | g |
| dried ginger | 4 | g |
| coriander powder | 2 | g |
| cardamom | 2 | g |
| ground fenugreek | 2 | g |
| clove | 1 | g |
| ground allspice | 1 | g |
| cinnamon | 1 | g |
| salt | 3 | g |
| cayenne pepper | 20 | g |
| fresh peppers | 10 | g |

Nutrition and allergens

| Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, D, E, K, Kyselina listová | |
|--|----------|
| Nutritional value of one portion | Value |
| Energy | 306.2 kJ |
| Carbohydrate | 17.5 g |
| Fat | 14.2 g |
| Protein | 26.7 g |
| Water | 0 g |

Directions

- Preparation for the berbere spice mix:
1. Set the oven on dry heat at 120°C.
 2. Combine all the spices and roast for 5–10 minutes.
- Preparation for the stew:
1. In a saucepan, sauté the finely chopped onions until soft, adding the garlic at a later stage. Remove the contents and save for later.
 2. In the same pan sauté the meat until it gets some colour. Deglaze with water and set aside.
 3. Set the oven on steam at 65°C.
 4. Combine the meat, the onions and garlic, the tomato purée and 25g of berbere in a sous vide bag and seal and cook for 60–90 minutes.
 5. Serve with Injera.

Recommended accessories



Enameled GN container



Stainless wire shelving