


# Beef ragout

Cuisine: Italian  
Food category: Beef



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## 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
celery root	200	g
tomato puree	400	g
can of crushed tomatoes	1200	g
cloves garlic, finely chopped	7	pcs
dry red wine	650	ml
beef stock	4	l
a sprig of thyme	4	pcs
salt	3	g
vegetable oil	50	ml
ground black pepper, ground	0.5	g

## Nutrition and allergens


Allergens: 9  
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

## 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.

Nutritional value of one portion	Value
Energy	462.2 kJ
Carbohydrate	12.6 g
Fat	30.8 g
Protein	32.1 g
Water	0 g

Recommended accessories



Enameled GN container