



Taste & Technology

Cote de Boeuf SV

Recipe number:

04.10.003

Starting material:

1000 g Cote de Boeuf - ribeye on the bone

Seasonings & additives:

100 g Lafiness Black Garlic Premium SG 1642800

Processing procedure:

Marinate the Cote de Boeuf (ribeye on the bone) in the marinade.

Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +54°C for 3 hours.

The product will then be medium rare.

Remove the cooked Cote de Boeuf from the bag and sear on a BBQ until a brown crust forms on both sides.

EU Food Information Regulation:

Beef, rapeseed kernel oil, sea salt, seasoning, soya sauce (water, SOYA BEANS, table salt, sugar), palm fat, fermented garlic, spice extracts

Analysis:

Calorific value KJ	1,101 KJ
Calorific value Kcal	265 Kcal
Fat	20.9 g
Saturated fatty acids	5.0 g
Carbohydrates	1.6 g
Sugar	0.4 g
Protein	17.5 g
Sodium	0.6 g
Salt	1.6 g