



Taste & Technology

## Fried Beef and Onions SV

### Recipe number:

04.10.062

### Starting material:

1000 g Beef roast, already prepared

### Seasonings & additives:

60 g	Dark gravy without glutamate	989700
50 g	Sliced onions, dried	740105

### Processing procedure:

Cut the roast from the beef joint.

Coat evenly in the dark gravy without glutamate sauce powder. (approx. 60g sauce powder / kg beef).

Following this, place in a heat-resistant cooking bag and add a further 50g/kg sliced onions, vacuum seal and cook.

Art. No.: 990550 shrink bag 400x600

### Preparation:

Cook in a water bath at +80°C for 11 hours.

Remove the beef roast from the bag and serve with the sauce from the bag.

### EU Food Information Regulation:

Beef, onions, modified starch, table salt, flavouring, caramel, spices, seasoning, sugar

### Analysis:

Calorific value KJ	1,001 KJ
Calorific value Kcal	240 Kcal
Fat	15.5 g
Saturated fatty acids	4.4 g
Carbohydrates	6.6 g
Sugar	2.2 g
Protein	18.1 g
Sodium	0.5 g
Salt	1.3 g