



Geschmack & Technologie

Beef Roulade "Asia"

Recipe number:
ER2600660

Raw material:

1800 g beef rump
1000 g Asian-style mixed vegetables

Spices & processing aids:

80 g	GaUCHO Grillgewürzsalz	881900
200 g	AVO Originals Roasted Sesame	2987900
1000 g	Sauce d'AVO Demi Glace	5002301

Processing sequence:

Cut the beef rump into roulade slices weighing approx. 140 g and season with GaUCHO seasoning.
Sear the Asian vegetables in a pan, mix with Mari-Top Roasted Sesame and allow to cool.
Then fill the roulade with the mixture, roll up tightly and secure with a toothpick or skewer.
Finally, season the outside of the prepared roulades with GaUCHO seasoning.

Sear the roulades on all sides in a hot pan with a little oil for approx. 6 minutes.
Cook in the air fryer at +180 °C for approx. 8 minutes.
Then serve with the Demi-Glace.

Ingredients:

beef 44.1 % (beef), vegetable (carrot, mung bean sprouts, leek, paprika, bamboo shoots, wood ear mushrooms, sugar snap peas, paprika, carrot), water, salt, sugar, modified starch, beef fond (beef extract, sugar, salt, vegetable juice concentrates (onions, carrot), button mushroom juice concentrate, tomato concentrate), natural flavourings, vegetable oils (SESAME OIL, rapeseed oil), spices, tomato purée, caramel, soy sauce (water, SOYBEAN, salt, WHEAT FLOUR, sugar, colouring agent: E 150a plain caramel), button mushrooms, tomato powder, brandy vinegar, SESAME SEED, thickening agent: E 415 xanthan gum, yeast extract, maltodextrin, acid: E 330 citric acid, herbs, preservative: (E 211 sodium benzoate, E 202 potassium sorbate)

Nutrition declaration:

energy value	344kJ
energy value	82kcal
fat	1,8g
saturates	0,6g
carbohydrate	4,6g
sugar	2,7g
protein	10,9g
sodium	0,7g
salt	1,7g
fibres	1,3g

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