


Stir fried Beef with celery and green peppers corn

Cuisine: **South-East Asian**
Food category: **Beef**







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Program steps


Preheating: 190 °C


1


 Combination


 50 %

 Termination by time

 00:15 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Beef tenderloin slice	1	kg
Celery	100	g
Green peppers corn	50	g
Corn flour	50	g
Sesame oil	20	ml
Oyster sauce	30	ml
Dark soy sauce	20	ml
Rice wine	30	ml
Garlic crush	20	g
Brown Sugar	20	g
Salt	10	g
Cooking oil	20	ml
Stock or water	50	ml
freshly ground black pepper	10	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	13 kJ
Carbohydrate	0.6 g
Fat	0 g
Protein	0.2 g
Water	0 g

Directions

Marinate all the ingredients together excluding celery, wine and green peppers corn.

Place in the enameled GN container and sear for 5 minutes. Add celery, green peppers corn and continue to cook 10 more minutes.

Finished with rice wine and sprinkle with ground black pepper.

Recommended accessories



Enameled GN
container