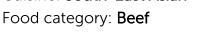
Retigo Combionline | OnlineMenu | Beef 10. 5. 2025

Stir fried Beef with celery and green peppers corn

Cuisine: South-East Asian





Author: Myat Ko ko



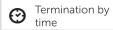
Program steps

Preheating:

190 °C

Combination













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

