

BOILED BEEF

with red cabbage, bouillon potatoes
and horseradish sauce

Preparation for 10 portions

Boiled beef:

Cut the boiled beef into small pieces and blend to a very fine puree with the fond, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mass into a "Meat Slice" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Red cabbage:

Blend the red cabbage and the juice to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Spinach" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Bouillon potatoes:

Blend the potatoes, celery, leeks, carrots and stock to a very fine puree then cook together in a saucepan for approx. 10 minutes. Blend to a fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spread the hot mass in a layer about 1.5 cm high in a baking tray lined with cling film then cut into evenly sized cubes once it has cooled down.

Horseradish sauce:

Heat the stock and the cream. Season to taste with salt, pepper and creamed horseradish. Thicken if necessary.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the beef.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients

700 g
500 ml
40 g

Boiled beef

Boiled beef
Beef fond
GELEAhot

Ingredients

500 g
500 ml
40 g

Red cabbage

Ready-made red cabbage
Apple juice/red cabbage juice/stock
GELEAhot

Ingredients

300 g
625 g
125 g
125 g
75 g
63 g

Bouillon potatoes

Potatoes (boiled)
Beef stock from the meat
Carrots (frozen)
Celery (frozen)
Leeks (frozen)
GELEAhot

Ingredients

250 ml
6-8 tbsp.
250ml

Horseradish sauce

Cream
Creamed horseradish sauce
Beef fond
Pepper, salt

Nutrition facts per 100 g

Energy/ Calories	314 kJ/ 75 kcal
Fat Of which saturates	4,0 g 2,0 g
Carbohydrates Of which sugars	2,3 g 1,1 g
Fibre	2,7 g
Protein	7,4 g
Salt	0,4 g

