

# RECIPE

## CRAFT/INDUSTRY

### STEAMY SALLY - Sous Vide Beef Cooked



#### material combination:

cap of beef rump, leg meat,  
shoulder blade,...

#### RAPS products per kg mass:

**30-35 g STEAMY SALLY – Sous-vide gekochtes Rindfleisch**

**Art.Nr.: 30907**

**Ev. 10-20 g vegetable oil**

#### Production:

1. Rub pieces of meat with spice mixture.
2. Vacuum packaging (Bags must be suitable for cooking).
3. Let it infuse at least 24 hours.
4. Cook it at 76 °C for 14-16 h.
5. Cool it.

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### Preparation:

1. Place the meat with the package in a pot with water or a steam cooker.
2. 30-60 min. at 80-100 °C steam/boil.

OR

1. Remove the meat with the juice from the pack and place in a pot with lid.
2. Simmer for 30-60 min.