

Recipe Name Soy Sauce with Demi-glace

Servings 1

Cook Time

Calories Cedric Kelly

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Ingredients

98 g Scallops	98 grams
34 g Asparagus	34 grams
20 ml Olive Oil	20 milligrams
12 g Rosemary	12 grams
64 g Lemon (Half)	64 grams
3 g Salt	3 grams
120 g Steak Tenderloin	120 grams
47 g Black Butter	47 grams
1 g Black Pepper	1 gram
1 L Water	1 kilogram
24 g Soy Sauce	24 grams
100 g Chef® Demi Glace	100 grams

Directions

Step 1 Cooking	For Base sauce, add 100 gm Chef demi- glace for 1 Ltr water, boil for a min.
Step 2 Cooking	Heat butter in a pan and fry tenderloin steak with rosemary sticks.
Step 3 Cooking	Add Olive oil in a pan and fry scallops for 5 mins.
Step 4 Cooking	Garnish with fried asparagus.

Nutrition Info Per Serving

Saturated Fats 34 gm

Sodium 1806 mg

Added Sugar 0 Tbsp

Fiber 16 gm

Fats 60 gm

Protein 57 gm

Carbohydrates 60 gm

Energy 1996 kcal