

Recipe Name Beef Risotto Steak
Servings 4
Cook Time
Calories Cedric Kelly

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Ingredients

500 g Risotto	500 grams
15 g Salt	15 grams
1 L Water	1 kilogram
50 g Onion	50 grams
10 g Shaved Parmesan Cheese	10 grams
400 g Tenderloin Beef (Cubed)	392 grams
100 g Chef® Demi Glace	100 grams
Herbs To Taste	1 gram
1 Spring Rosemary	2 grams
A pinch Black Pepper	1 gram

Directions

Step 1 Cooking To prepare the sauce, add CHEF® Demi-Glace powder to 1 liter of water and bring it to the boil. Cook for 2–3 minutes, stirring continuously till an even consistency is reached. Set aside to cool.

Step 2 Cooking Melt butter with olive oil in a skillet. Sauté the beef cubes and rosemary sprigs for 2–3 minutes or till they are caramelized and browned. Add a pinch of black pepper and salt to taste. Set the cooked beef aside.

Step 3 Cooking Melt butter in olive oil in a stockpot. Sauté the chopped onions for 2–3 minutes. Add a pinch of black pepper and salt to taste. Add the risotto rice and continue to stir for 2 minutes. Pour the demi-glace sauce and allow it to simmer till the rice is cooked and the sauce is thickened.

Step 4 Cooking Serve the risotto topped with the beef cubes and garnish with shaved parmesan and herbs.

Nutrition Info Per Serving

Saturated Fats 4 gm
 Sodium 105 mg
 Added Sugar 0 Tbsp
 Fiber 3 gm

Fats 10 gm

Protein 32 gm

Carbohydrates 79 gm

Energy 793 kcal