

# Roast beef

Cuisine: Czech  
Food category: Beef




Author: Jan Malachovský  
Company: Retigo





## Program steps


Preheating: 190 °C


1 Roastbeef předem opečte na pánvi nebo grilu


 Combination


 15 %

 Termination by core probe temperature

 54 °C

 135 °C

 100 %



## Ingredients - number of portions - 10

Name	Value	Unit
beef tall roast	1500	g
dijon mustard	50	g
coarse grain mustard	50	g
olive oil	0.1	l

## Nutrition and allergens

Allergens: 10  
Minerals: Ca, Fe, K, Mg  
Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	294 kJ
Carbohydrate	1.3 g
Fat	18.9 g
Protein	30.8 g
Water	0 g

## Directions

Clean the meat and cover with half of the marinade. Wrap in food foil. Let it marinate.  
Roast the meat on the grill or pan from all sides.  
Brush the meat with the second half of the marinade and place in a preheated convection oven.

Marinade:  
Mix both mustards, olive oil, salt and freshly ground pepper.

## Recommended accessories



Vision Grill