

Roast beef

Cuisine: **Czech**
Food category: **Beef**



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Company: **Retigo**





Program steps


Preheating: 190 °C


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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 |
| roast beef | 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