

Roast beef

Cuisine: **Czech**

Food category: **Beef**



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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 |
|----------------------|-------|------|
| 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

We season the meat and marinate it with half of the marinade. We wrap it in cling film. We let it marinate. We sear the meat on the grill or in a pan on all sides. We brush the meat with the second half of the marinade and place it in a preheated combi oven.

Marinade:

We mix both mustards, olive oil, salt, and freshly ground pepper.

Recommended accessories



Vision Grill