

# English Roast Beef

Cuisine: **Czech**Food category: **Beef**Author: [Vlastimil Jaša](#)Company: [Retigo](#)

## Program steps

Preheating: **255 °C**

1 potřete hořčicí

	Hot air		100 %		Termination by core probe temperature		47 °C		105 °C		80 %	
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	Hot air		7 %		Termination by time		00:07 hh:mm		245 °C		100 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
roast beef	1500	g
mixed peppercorns	5	g
5 tbsp vegetable oil	30	g
worcester	50	g
coarse grain mustard	55	g
salt	30	g
Butter	100	g

## Nutrition and allergens

Allergens: 10

Minerals: Cu, Mg, P

Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	621.2 kJ
Carbohydrate	2.3 g
Fat	29.5 g
Protein	30.7 g
Water	0 g

## Directions

Rinse the roast, cut the fat covering into squares, rub with oil, season with freshly ground pepper and pull off with twine. Let it sit in the fridge overnight.

An hour before roasting, take the roast beef out of the fridge.

We will use the program both for rapid roasting and in the second step for finishing.

Place the roast beef in the preheated convection oven on the rack and place the GN in the last position.

After baking, brush with butter and salt well.

## Recommended accessories



Enameled GN  
container



Stainless wire shelving