

Prague-style beef roulade

Cuisine: Czech

Food category: Beef



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Company: Retigo



Program steps

1	Hot air	100 %	Termination by time	00:15 hh:mm	190 °C	100 %	
2	Combination	90 %	Termination by core probe temperature	99 °C	145 °C	90 %	

Ingredients - number of portions - 10

Name	Value	Unit
beef rear	1.5	kg
bacon, minced	0.2	kg
steamed pork ham	0.2	kg
peas	0.2	kg
chicken eggs	0.16	kg
ointment	0.05	kg
salt	0.03	kg
ground black pepper, ground	0	kg
coarse wheat flour	0.05	kg

Nutrition and allergens

Allergens: 1, 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	511.5 kJ
Carbohydrate	6.6 g
Fat	40.4 g
Protein	30.3 g
Water	0 g

Directions

Cut the ham into cubes and lightly fry in hot oil. Add peas and beaten eggs, salt and pepper and mix until semi-solid. Set the mixture aside and let it cool.

Cut a portion of the washed beef back meat into a plate, pat it over food foil into a thin plate (thanks to the foil, the meat does not tear). Mix the cooled egg mixture with coarse flour and spread it on the meat. We roll it into a roll and tie it with a string. Place slices of bacon on the roulade and place in a 40mm high enameled GN. Cover the roll with water.

Place in a preheated combi oven and bake until golden.

Recommended accessories



Enameled GN container