

# Beef roll Prague style

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 diced	0.2	kg
steamed pork ham	0.2	kg
peas	0.2	kg
chicken eggs	0.16	kg
pork lard	0.05	kg
salt	0.03	kg
freshly 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

Dice the ham and lightly sauté in heated oil. Add the peas and beaten eggs, season with salt and pepper, and whip to a semi-stiff consistency. Remove the mixture from the heat and let it cool.

Cut the cleaned beef hind meat into slices, and pound between food film into thin slices (the film prevents tearing of the meat). Combine the cooled egg mixture with coarse flour and spread it over the slice of meat. Roll it into a roll and tie with string. Place slices of bacon on the roll and put it into a 40mm high enameled GN. Add water to the roll.

Place it in a preheated combi steamer and bake until golden.

## Recommended accessories



Enameled GN  
container