

Svíčková in cream (slow roasting)

Cuisine: **Czech**

Food category: **Beef**



Author: **Jan Malachovský**

Company: **Retigo**



Program steps

1 Combination 100 % Termination by time 12:00 hh:mm 82 °C 50 %

Ingredients - number of portions - 10

Name	Value	Unit
beef rear	2	kg
smoked bacon	100	g
double cream 33%	500	ml
butter soft	125	g
wild spices	1	pcs
lemon	2	pcs
salt	1	g
caster sugar	100	g
full-fat mustard	0	g
water	2.5	l
freshly ground black pepper, ground	1	g
celeriac	650	g
parsley root	650	g
carrot	700	g

Nutrition and allergens

Allergens: 10, 7, 9

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	569 kJ
Carbohydrate	26.2 g
Fat	36 g
Protein	34.2 g
Water	0 g

Directions

1. We rinse the meat, cut it into 1-1.5 kg pieces, and stud it with bacon. We brush it with oil, season with salt, and pepper. The prepared meat is seared in the combi steamer (10 min, 200°C).
2. We peel the vegetables, cut them into cubes, and sauté them in the combi steamer (10 min, 200°C). We pour water over everything. We add three tablespoons of mustard, salt, pepper, wild spices, and sugar. We add the meat and place it in the combi steamer on the program stated above. If the meat is not submerged, we cover it.
3. After cooking, we remove the meat and let it cool. We take out the wild spices from the stock and blend everything until smooth. Given the amount of vegetables and water, it does not need to be thickened. We season with lemon, salt, pepper, and possibly sugar. We enrich it with butter and cream. We simmer for 5 min.



GN container Stainless
steel full