

# Roast beef

Cuisine: **English**  
Food category: **Beef**



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Company: **Retigo**



## Program steps

Preheating: 215 °C

1

 Hot air

 100 %

 Termination by core probe temperature

 52 °C

 160 °C

 100 %



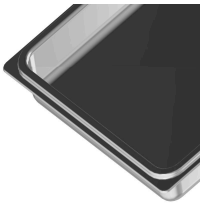
Ingredients - number of portions - 8		
Name	Value	Unit
roast beef	2	kg
extra virgin olive oil	50	ml
salt	8	g
freshly ground black pepper, ground	3	g
carrot	6	pcs
beef stock	500	ml

Nutrition and allergens	
Allergens:	
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	463.8 kJ
Carbohydrate	0.2 g
Fat	30 g
Protein	50 g
Water	0 g


Directions

1. Set the oven on dry heat at 200°C (fan speed 2).
2. Set the core probe temperature at 52°C for rare beef, 62°C for medium and 70°C for well done.
3. Season the beef joint and rub with evoo.
4. Leave for a short while to rest at room temperature.
5. Insert core probe and place on a perforated dish, with a dripping tray beneath.
6. Cook until core probe ringing tone goes off.
7. Meanwhile, boil the sliced carrots in veal stock and retain liquid.
8. Reduce on low heat and add the liquid contents in the dripping tray to your gravy.
9. Keep reducing until the desired consistency is reached.
10. Leave the meat for a while to rest before serving.
11. Slice thinly.
12. Best served with Yorkshire pudding and gravy.

## Recommended accessories



GN container Stainless steel full



Stainless wire shelving