

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

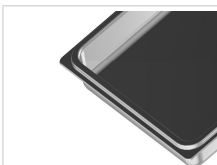
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

| 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