


English roast beef






















Cuisine: Czech
Food category: Beef



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Company: Retigo



Program steps

1	 Hot air	 10 %	 Termination by core probe temperature	 35 °C	 105 °C	 70 %	
2	 Hot air	 10 %	 Termination by core probe temperature	 40 °C	 80 °C	 60 %	
3	 Hot air	 10 %	 Termination by core probe temperature	 45 °C	 60 °C	 50 %	

Ingredients - number of portions - 10

Name	Value	Unit
roast beef	1500	g
colored pepper	5	g
vegetable oil	30	g
worcester	50	g
coarse grain mustard	55	g
salt	30	g
ketchup	100	g

Nutrition and allergens

Allergens: 10
Minerals: Cu, Mg, P
Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	332.4 kJ
Carbohydrate	4.8 g
Fat	21.6 g
Protein	30.7 g
Water	0 g

Directions


Rinse the roast, cut the fat covering into squares, rub with oil, season with freshly ground pepper and pull off with twine. Let it sit overnight. We take out the meat about an hour before roasting.

We will use the above program to finish baking, we will do the pulling in a pan or on a grill tray.


We put it on the grate and put a full GN in the last drawer to catch the fat and juice.

After baking, brush with butter and salt well.

Recommended accessories



Enameled GN container



Stainless wire shelving