

# English roast beef






















Cuisine: **Czech**  
Food category: **Beef**



Author: **Vlastimil Jaša**

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
mixed peppercorns	5	g
5 tbsp vegetable oil	30	g
worcester	50	g
coarse grain mustard	55	g
salt	30	g
tomatoe sauce	100	g

Nutrition and allergens	
Allergens: 10 Minerals: Cu, Mg, P Vitamins: A, C, D, E, K	
Nutritional value of one portion	Value
Energy	331.5 kJ
Carbohydrate	4.6 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 tight it up with string. Let it sit overnight. We take out the meat about an hour before roasting.

We will use the above program for roasting, we will do the searing in a pan or on a grill tray.

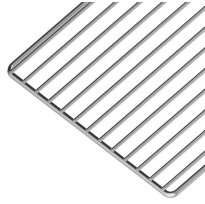
We put it on the grate and put a full GN in the last drawer to catch the fat and juice.

After baking, brush with butter and salt well.

## Recommended accessories



Enameled GN  
container



Stainless wire shelving