

# English roast beef

Cuisine: Czech

Food category: Beef



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## 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
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