


# Overnight Slow Roast Beef

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



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Company: **Retigo**



## Program steps

Preheating:

240 °C

1	Hot air	0 %	Termination by time	00:15 hh:mm	220 °C	100 %	
2	Combination	50 %	Termination by time	00:00 hh:mm	52 °C	40 %	

## Ingredients - number of portions - 10

Name	Value	Unit
roast beef	2	kg
salt	8	g
freshly ground black pepper, ground	2	g
5 tbsp vegetable oil	20	ml

## Nutrition and allergens

Allergens: Minerals: Cu, Mg, P Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	370.7 kJ
Carbohydrate	0.1 g
Fat	24 g
Protein	40 g
Water	0 g

## Directions

1. Allow the oven to pre-heat.

2. Season the beef joint and rub with oil.

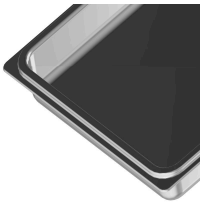
3. Leave for a short while to rest at room temperature.

4. Place meat on an oven rack, with a dripping tray beneath.

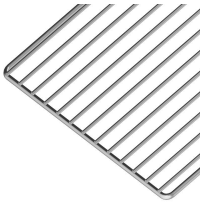
5. Slice thinly.

6. Best served with Yorkshire pudding and gravy.

## Recommended accessories



GN container Stainless steel full



Stainless wire shelving