


Overnight Slow Roast Beef

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



Author: Phil Smith

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 |

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.

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 |

Recommended accessories



GN container Stainless steel full



Stainless wire shelving