

# 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