


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