

Roast beef (roll) overnight

Cuisine: Czech

Food category: Beef



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Company: Retigo



Program steps

Preheating: 220 °C

1	Hot air	0 %	Termination by time	00:05 hh:mm	210 °C	+ 100 %	
2	Combination	70 %	Termination by core probe temperature	53 °C	55 °C	+ 40 %	
3	Combination	70 %	Termination by time	00:00 hh:mm	53 °C	+ 40 %	

Ingredients - number of portions - 10

Name	Value	Unit
beef roll	2	kg
salt	8	g
freshly ground black pepper, ground	2	g
vegetable oil	20	g

Directions

Wash and dry the beef roll, sprinkle with salt, pepper, rub with oil and place in a preheated convection oven on the grill plate. Brown the meat on all sides.

Then transfer to a stainless steel wire rack, place a full-bottomed gastro container under it and bake according to the program above.

Nutrition and allergens

Allergens:

Minerals: Cu, Mg, P

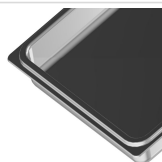
Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	238.6 kJ
Carbohydrate	0.1 g
Fat	6 g
Protein	44 g
Water	0 g

Recommended accessories



Vision Express Grill



GN container Stainless steel full



Stainless wire shelving