

# Roast beef (roll) overnight

Cuisine: **Czech**Food category: **Beef**Author: **Jaroslav Mikoška**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
5 tbsp vegetable oil	20	g

## 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

## 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.

## Recommended accessories



Vision Express Grill



GN container Stainless steel full



Stainless wire shelving