

# 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 tbsps 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

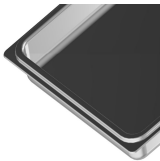
Allergens:  
Minerals: Cu, Mg, P  
Vitamins: A, B6, C, D, E, K

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

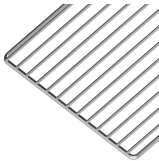
## Recommended accessories



Vision Express Grill



GN container Stainless steel full



Stainless wire shelving