


# Overnight Roast Beef

Cuisine: **English**  
Food category: **Beef**



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Company: **Retigo**



## Program steps

Preheating: 230 °C

1	Hot air	0 %	Termination by time	00:15 hh:mm	220 °C	100 %	
2	Combination	100 %	Termination by time	00:00 hh:mm	54 °C	40 %	

Ingredients - number of portions - 10		
Name	Value	Unit
beef	2	kg
freshly ground black pepper, ground	2	g
extra virgin olive oil	10	ml

Nutrition and allergens	
Allergens: Minerals: Mg Vitamins: B6, C, K	
Nutritional value of one portion	Value
Energy	340.7 kJ
Carbohydrate	0.8 g
Fat	16 g
Protein	50 g
Water	0 g

## Directions


Rub in the olive oil all over the beef along with the black pepper.

Pre-heat the retigo combi oven, when ready, place the beef on to the oven rack with a tray underneath to catch any juices.

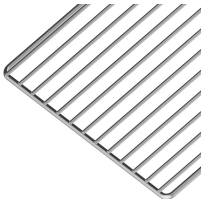
The next day, either keep the beef in the oven until needed or place in a retigo "Holdomat" set to 54oC.

This will give you a cooked "rare" beef.

## Recommended accessories



Enameled GN container



Stainless wire shelving