

# 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      |

## Recommended accessories



Enamelled GN container



Stainless wire shelving

## 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.