

Pečený Striploin (nízký roštěnec) Delta T

Cuisine: **Czech**Food category: **Beef**Author: **Jaroslav Mikoška**Company: **Retigo**

Program steps

1	Hot air	100 %	Termination by time	00:08 hh:mm	210 °C	100 %	
2	Combination	50 %	Termination by delta T	52 °C	20 °C	40 %	
3	Hot air	100 %	Termination by time	23:59 hh:mm	57 °C	40 %	

Ingredients - number of portions - 15

Name	Value	Unit
beef striploin	3	kg
freshly ground black pepper, ground	4	g
salt	1	g
freshly ground black pepper, ground	4	g

Directions

Sušíme v lednici po dobu 6 hodin.

Nutrition and allergens

Allergens:
Minerals: Mg
Vitamins: B6, C, K

Nutritional value of one portion	Value
Energy	501.8 kJ
Carbohydrate	0.2 g
Fat	40 g
Protein	52.1 g
Water	120 g

Recommended accessories



Enameled GN
container



Stainless wire shelving