

Beef roasted on vegetables with cream overnight

Cuisine: **Czech**

Food category: **Beef**



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Program steps

1	Combination	80 %	Termination by time	00:10 hh:mm	160 °C	100 %	
2	Combination	50 %	Termination by core probe temperature	82 °C	97 °C	50 %	
3	Combination	50 %	Termination by time	00:00 hh:mm	75 °C	50 %	

Ingredients - number of portions - 10

Name	Value	Unit
beef rear	1500	kg
smoked bacon	0.25	kg
carrot	0.85	kg
parsley root	0.55	kg
celeriac	0.35	kg
onion	0.25	kg
full-fat mustard	0.12	kg
vinegar	0.07	l
wild spices	0	kg
lemon	0.12	kg
plain wheat flour	0.12	kg
caster sugar	0.09	kg
double cream 33%	0.25	l
salt	0.04	kg

Nutrition and allergens

Allergens: 1, 10, 9

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Directions

Clean the beef and stuff it with bacon, then salt it. Peel the mirepoix vegetables and cut them into cubes, chop the onion finely. Sauté the vegetables in fat, add whole pepper, allspice, bay leaf, and peeled lemon. Sauté everything until golden brown and then add the onion. Once the vegetables turn brown, add the horseradish and vinegar. Sear the meat in the resulting base, pour in water, and place it in the combi steamer. In the EXTRAS menu, choose "Roasting Overnight," select "NEEDLE," and in the bar graph select "BEEF" and hit start.

In the morning, remove the softened meat and whole wild spices, blend the base, adjust the sauce with water if necessary, or thicken it and simmer for at least 20 minutes. Strain the sauce through a fine sieve, season it with salt, sugar, and vinegar. Pour in the cream, let it simmer lightly, but be careful not to boil. Pour the sauce over the sliced meat.

Serve with bread or Karlovy Vary dumplings. Garnish with cranberries and lemons.

Nutritional value of one portion	Value
Energy	220804.8 kJ
Carbohydrate	34.9 g
Fat	15014.3 g
Protein	22507.1 g
Water	0.7 g