

# Roast beef 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

Pierce the cleaned beef with bacon and salt. Clean the root vegetables and cut them into cubes, finely chop the onion. Fry the vegetables in fat, add whole pepper, allspice, bay leaf and peeled lemon. Fry everything until golden and add onion. Once the vegetables have browned, add mustard and vinegar. Brown the meat in the resulting base, cover with water and place in the combi oven. In the EXTRAS box, select "Overnight Baking", select "NEEDLE" and in the bar graph, select "BEEF" and start. In the morning, take out the softened meat and whole wild spices, mix the base, dilute the sauce with water as needed or thicken it and cook for at least 20 minutes. Strain the sauce through a fine sieve, season with salt, sugar and vinegar. Pour in the cream, let it boil slightly, but be careful not to let it boil. Pour the sauce over the chopped meat. We serve with buns 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