

Overnight Slow Roast Beef

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



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Program steps

Preheating: 240 °C

1	 Hot air	 0 %	 Termination by time	 00:15 hh:mm	 220 °C	 100 %	
2	 Combination	 50 %	 Termination by time	 00:00 hh:mm	 52 °C	 40 %	

Ingredients - number of portions - 10

Name	Value	Unit
roast beef	2	kg
salt	8	g
freshly ground black pepper, ground	2	g
5 tbsp vegetable oil	20	ml

Nutrition and allergens

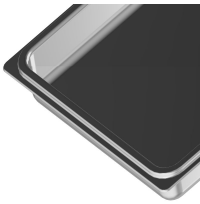
Allergens:
Minerals: Cu, Mg, P
Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	370.7 kJ
Carbohydrate	0.1 g
Fat	24 g
Protein	40 g
Water	0 g

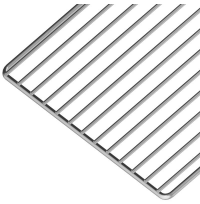
Directions

1. Allow the oven to pre-heat.
2. Season the beef joint and rub with oil.
3. Leave for a short while to rest at room temperature.
4. Place meat on an oven rack, with a dripping tray beneath.
5. Slice thinly.
6. Best served with Yorkshire pudding and gravy.

Recommended accessories



GN container Stainless steel full



Stainless wire shelving