

Roast beef (roll) overnight

Cuisine: **Czech**
Food category: **Beef**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating:

220 °C

1	 Hot air	 0 %	 Termination by time	 00:05 hh:mm	 210 °C	 100 %	
2	 Combination	 70 %	 Termination by core probe temperature	 53 °C	 55 °C	 40 %	
3	 Combination	 70 %	 Termination by time	 00:00 hh:mm	 53 °C	 40 %	

Ingredients - number of portions - 10		
Name	Value	Unit
beef roll	2	kg
salt	8	g
freshly ground black pepper, ground	2	g
5 tbsp vegetable oil	20	g

Nutrition and allergens	
Allergens: Minerals: Cu, Mg, P Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	238.6 kJ
Carbohydrate	0.1 g
Fat	6 g
Protein	44 g
Water	0 g

Directions

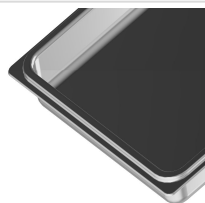
Wash and dry the beef roll, sprinkle with salt, pepper, rub with oil and place in a preheated convection oven on the grill plate. Brown the meat on all sides.

Then transfer to a stainless steel wire rack, place a full-bottomed gastro container under it and bake according to the program above.

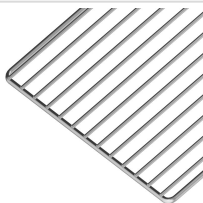
Recommended accessories



Vision Express Grill



GN container Stainless
steel full



Stainless wire shelving