

# English roast beef

Cuisine: Czech  
Food category: Beef



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## Program steps

|   |                                                                                           |                                                                                        |                                                                                                                         |                                                                                         |                                                                                            |                                                                                          |                                                                                     |
|---|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1 |  Hot air |  10 % |  Termination by core probe temperature |  35 °C |  105 °C |  70 % |  |
| 2 |  Hot air |  10 % |  Termination by core probe temperature |  40 °C |  80 °C  |  60 % |  |
| 3 |  Hot air |  10 % |  Termination by core probe temperature |  45 °C |  60 °C  |  50 % |  |

## Ingredients - number of portions - 10

| Name                 | Value | Unit |
|----------------------|-------|------|
| roast beef           | 1500  | g    |
| mixed peppercorns    | 5     | g    |
| vegetable oil        | 30    | g    |
| worcester            | 50    | g    |
| coarse grain mustard | 55    | g    |
| salt                 | 30    | g    |
| tomatoe sauce        | 100   | g    |

## Nutrition and allergens

Allergens: 10  
Minerals: Cu, Mg, P  
Vitamins: A, C, D, E, K

| Nutritional value of one portion | Value    |
|----------------------------------|----------|
| Energy                           | 331.5 kJ |
| Carbohydrate                     | 4.6 g    |
| Fat                              | 21.6 g   |
| Protein                          | 30.7 g   |
| Water                            | 0 g      |

## Directions

Rinse the roast, cut the fat covering into squares, rub with oil, season with freshly ground pepper and tight it up with string. Let it sit overnight. We take out the meat about an hour before roasting.

We will use the above program for roasting, we will do the searing in a pan or on a grill tray.

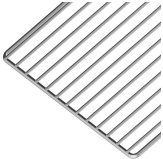
We put it on the grate and put a full GN in the last drawer to catch the fat and juice.

After baking, brush with butter and salt well.

## Recommended accessories



Enameled GN container



Stainless wire shelving