

Roast beef

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



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Company: **Retigo**



Program steps

Preheating: 190 °C

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Roastbeef předem opečte na pánvi nebo grilu

 Combination

 15 %

 Termination by core probe temperature

 54 °C

 135 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
roast beef	1500	g
dijon mustard	50	g
coarse grain mustard	50	g
olive oil	0.1	l

Nutrition and allergens	
Allergens: 10 Minerals: Ca, Fe, K, Mg Vitamins: A, D, E, K	
Nutritional value of one portion	Value
Energy	294 kJ
Carbohydrate	1.3 g
Fat	18.9 g
Protein	30.8 g
Water	0 g

Directions

We season the meat and marinate it with half of the marinade. We wrap it in cling film. We let it marinate.

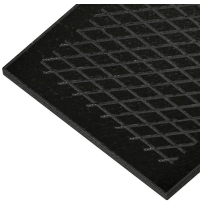
We sear the meat on the grill or in a pan on all sides.

We brush the meat with the second half of the marinade and place it in a preheated combi oven.

Marinade:

We mix both mustards, olive oil, salt, and freshly ground pepper.

Recommended accessories



Vision Grill