

# Svíčková in cream (slow roasting)

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



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Company: **Retigo**



## Program steps

1

 Combination

 100 %

 Termination by time

 12:00 hh:mm

 82 °C

 50 %



| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| beef rear                             | 2     | kg   |
| smoked bacon                          | 100   | g    |
| double cream 33%                      | 500   | ml   |
| butter soft                           | 125   | g    |
| wild spices                           | 1     | pcs  |
| lemon                                 | 2     | pcs  |
| salt                                  | 1     | g    |
| caster sugar                          | 100   | g    |
| full-fat mustard                      | 0     | g    |
| water                                 | 2.5   | l    |
| freshly ground black pepper, ground   | 1     | g    |
| celeriac                              | 650   | g    |
| parsley root                          | 650   | g    |
| carrot                                | 700   | g    |

| Nutrition and allergens                                      |        |
|--------------------------------------------------------------|--------|
| Allergens: 10, 7, 9                                          |        |
| Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn |        |
| Vitamins: A, B, B6, C, D, E, K, Kyselina listová             |        |
| Nutritional value of one portion                             | Value  |
| Energy                                                       | 569 kJ |
| Carbohydrate                                                 | 26.2 g |
| Fat                                                          | 36 g   |
| Protein                                                      | 34.2 g |
| Water                                                        | 0 g    |

Directions

1. We rinse the meat, cut it into 1-1.5 kg pieces, and stud it with bacon. We brush it with oil, season with salt, and pepper. The prepared meat is seared in the combi steamer (10 min, 200°C).

2. We peel the vegetables, cut them into cubes, and sauté them in the combi steamer (10 min, 200°C). We pour water over everything. We add three tablespoons of mustard, salt, pepper, wild spices, and sugar. We add the meat and place it in the combi steamer on the program stated above. If the meat is not submerged, we cover it.

3. After cooking, we remove the meat and let it cool. We take out the wild spices from the stock and blend everything until smooth. Given the amount of vegetables and water, it does not need to be thickened. We season with lemon, salt, pepper, and possibly sugar. We enrich it with butter and cream. We simmer for 5 min.

## Recommended accessories



GN container Stainless  
steel full