

# Roast beef (roll) overnight

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



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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:<br>Minerals: Cu, Mg, P<br>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

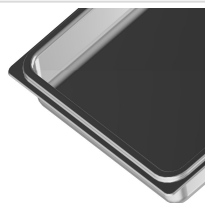
Wash and dry the beef roll, sprinkle with salt, pepper, rub with oil and place in a preheated convection oven on the grill plate. Brown the meat on all sides.

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

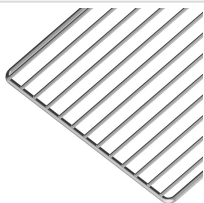
## Recommended accessories



Vision Express Grill



GN container Stainless  
steel full



Stainless wire shelving