


Overnight Slow Roast Beef

Cuisine: English
Food category: Beef



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Company: [Retigo](#)



Program steps

Preheating:

240 °C

1	Hot air	0 %	Termination by time	00:15 hh:mm	220 °C	100 %	
2	Combination	50 %	Termination by time	00:00 hh:mm	52 °C	40 %	

Ingredients - number of portions - 10

Name	Value	Unit
beef tall roast	2	kg
salt	8	g
ground black pepper, ground	2	g
vegetable oil	20	ml

Nutrition and allergens

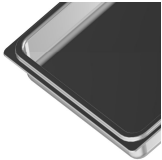
Allergens:
Minerals: Cu, Mg, P
Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	370.7 kJ
Carbohydrate	0.1 g
Fat	24 g
Protein	40 g
Water	0 g

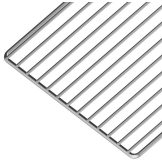
Directions

1. Allow the oven to pre-heat.
2. Season the beef joint and rub with oil.
3. Leave for a short while to rest at room temperature.
4. Place meat on an oven rack, with a dripping tray beneath.
5. Slice thinly.
6. Best served with Yorkshire pudding and gravy.

Recommended accessories



GN container Stainless steel full



Stainless wire shelving