

# Oven Roasted Rib Eye

Cuisine: Chinese  
Food category: Beef



Author: Gary CHIU  
Company: Retigo Asia



## Program steps

Preheating:

225 °C

1	Combination	30 %	Termination by time	05:00 mm:ss	210 °C	90 %	
2	Combination	60 %	Termination by core probe temperature	50 °C	120 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
roast beef	5	kg

## Nutrition and allergens

Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	925 kJ
Carbohydrate	0 g
Fat	60 g
Protein	100 g
Water	0 g

## Directions

1. Bring the beef high roast to room temperature, wipe off the surface moisture, trim off the excess fat and tie with rope to the desired shape.

Brush the surface evenly with mustard and other seasonings to give the meat a crisp, salty flavour. Bake in a combination of medium humidity and high heat for 5 minutes and briefly on high heat to colour the surface of the beef.
2. Remove the beef tenderloin from the food processor, rub the surface with garlic and top with warmed cream for added flavor. Steam over low heat for a long time to keep the sauce at a good consistency and the centre of the meat tender.

After removing from the oven, wrap the roast in aluminium paper and leave to rest in the heat for 20 minutes so that the roast retains its juices and the centre is a uniform pink colour when sliced.

◇ Steaming and roasting at low temperature for a long time, to keep the gravy to the greatest extent, and the center is soft and tender evenly for 5 minutes

◇ After being out of the oven, wrap it with aluminum paper and keep it warm for 20 minutes. Let it stand still to keep the meat juice and blood water, and achieve a uniform pink color when sliced

## Recommended accessories



Vision Bake



GN container Stainless steel full