



BEEF CHUCK EYE ROAST



Tested on model:
CDT-107E



Weight before cooking:
9.930 g
Weight after cooking:
7.940 g



Servings:
40



Recommended tray or
grill:
2 stainless steel t.
GN 1/1 40 mm



Total time:
97'

PHASE									
1		0%	190°	25'	---	---	H	YES	O
2		90%	135°	62'	80°	---	L	YES	C
3		0%	190°	10'	85°	---	H	YES	O
4									
5									
6									

INGREDIENTS

Beef chuck eye roast: 9.560 g
Garlic: 40 g
Rosemary: 50 g
Sage: 30 g
Thyme: 20 g
Olive oil: 150 g
Salt: 80 g

PREPARATION

Remove any excess fat from the meat.
Prepare a mixture of minced herbs and garlic and add fine salt. Sprinkle evenly on the meat and massage with oil.

Preheat the oven and cook following the parameters.

Serve with stewed vegetables and mashed potatoes.