

# ROAST BEEF



## INGREDIENTS :

- 2KG ROAST BEEF
- 150ML DIJON MUSTARD
- 8 GARLIC CLOVES
- 75G STEAK SPICES
- 75ML TAMARI SAUCE
- ONION SOUP BASE

MAKE 8 CUTS WITH A SHARP KNIFE, SPREAD OUT EVENLY IN THE ROAST BEEF, TO THE MIDDLE OF THE ROAST. PUT THE GARLIC CLOVES; MIX ALL OF THE INGREDIENTS TOGETHER, EXCEPT THE ONION SOUP BASE.

SPREAD OUT THE MIX EVENLY ON THE ROAST SURFACE. SPRINKLE THE ONION SOUP BASE. PLACE THE MEAT ON A PAN COVERED WITH PARCHMENT PAPER.

PREPARE THE EKA OVEN

STEP 1: ADJUST THE TEMPERATURE TO 450°F, 10 MINUTES AND 2 BLUE INDICATOR LIGHTS (HUMIDITY LEVEL).

STEP 2: ADJUST THE TEMPERATURE TO 200°F AND THE PROBE TO 130°F, WITH A WHITE INDICATOR LIGHT (0 HUMIDITY). PRESS THE PREHEAT BUTTON AND ONCE THE OVEN BEEPS, PLACE THE ROAST INSIDE THE OVEN AND PUT THE MEAT PROBE AT THE MIDDLE OF THE ROAST.

ONCE COOKED, COVER THE ROAST WITH ALUMINUM FOIL AND LET SIT FOR 15 MINUTES BEFORE SERVING.

BON APPÉTIT!

RICHARD ALBERT, EXECUTIVE CHEF