



Roast Beef

For 4 to 6 persons

Cooking time : When temperature reaches 85°C

Ingredients :

- 1 Big Chopped Onion
- 1kg Of Roasting Beef
- 30g Dijon Mustard
- Fine Herbs*
- 3 Garlic Cloves
- Steak Spice And Pepper

Preparation :

Put the roast beef with on top the sliced onion in a 3l *CromoTanium* pot. Distemper the roast beef with mustard, fine herbs, garlic, pepper and steak spices.

Close the lid and put the *CromoTanium* pot on medium heat. When temperature reaches 40°C, put temperature at medium/low and keep on cooking till temperature reaches 85°C.

Serve with your favourite vegetables.

Fine Herbs : Thyme and dehydrated French shallots