

ROAST VEAL

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	0 g	34 g	17 g	140 mg	127 mg	26 mg

Ingredient

VEAL,ROAST,BONELESS,RAW
PEPPER,BLACK,GROUND

Weight

38 lbs
1/2 oz

Measure

2 tbsp

Issue

Method

- 1 Place roasts fat side up in pans without crowding. Sprinkle roasts with pepper.
- 2 Insert meat thermometer into roasts. DO NOT ADD WATER; DO NOT COVER.
- 3 Using a convection oven, bake at 325 F. 3-1/2 hours on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes. Remove netting before slicing. CCP: Hold for service at 140 F. or higher.