Beef Roast

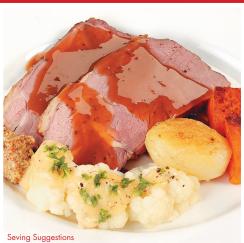
Silverside Flat

- 1. Meyer Food Co. Roast Meats are amazing! Good quality, tender and juicy time after time.
- 2. All roasts are well trimmed of fat and gristle and are 'sausage' shaped for portion control.
- 3. Roasts are cooked in a barrier pouch to exclude oxygen and bacteria, and have a long shelf life after cooking stored at 5°C or below. They are consistent in size, shape, yield & cooking doneness.
- 4. Because the roasts are cooked they make meal preparation simple and fast.



- Open the bag, keep the 'jus' for gravy or the stock pot.
- Machine portion slice (use a low cost digital scale) into an oven pan, pour over some 'jus' or gravy, cover with foil, heat at medium for 30 minutes. This method gives the best economy.
- Can be microwaved but must have gravy on top of slices.
- For best taste open the bag and oven the roast whole for approx 60 minutes on medium carve as normal.





Random weight approx 4.5kg per piece

Approx 10kg per carton

12 weeks shelf life

Store between 0°C and 5°C

CODE: 109

NAME:

Beef Roast – Silverside

Flat