

Steak

Cuisine: **Czech**
Food category: **Beef**



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Company: **Retigo**



Program steps

Preheating:

255 °C

| | | | | | | | |
|---|---|---|---|---|--|---|---|
| 1 |  Hot air |  100 % |  Termination by time |  00:01 hh:mm |  245 °C |  100 % |  |
| 2 |  Hot air |  7 % |  Termination by core probe temperature |  51 °C |  220 °C |  100 % |  |

| Ingredients - number of portions - 10 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| real beef tenderloin | 2500 | g |
| 5 tbsp vegetable oil | 75 | g |
| mixed peppercorns | 7 | g |
| coarse sea salt | 18 | g |
| Butter | 150 | g |

| Nutrition and allergens | |
|--|----------|
| Allergens: Minerals: Ca, Cu, Fe, K, Mg, Na, P, Zn Vitamins: A, B, C, D, E, K, Kyselina listová | |
| Nutritional value of one portion | Value |
| Energy | 899.9 kJ |
| Carbohydrate | 1.2 g |
| Fat | 39.5 g |
| Protein | 52.8 g |
| Water | 0 g |

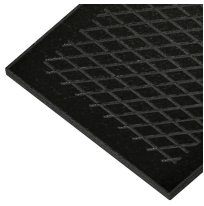
Directions

Season the mature steak with crushed pepper and massage in oil, after preheating the convection oven, place it on a hot grill plate and insert the temperature probe.

After reaching the temperature in the core of the steak, the convection oven will announce "Cooking finished"

Salt the steak, add butter and let it cook for 3 minutes, then you can serve it.

Recommended accessories



Vision Grill