

Beef steak

Cuisine: **Czech**

Food category: **Beef**



Author: **Vlastimil Jaša**

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

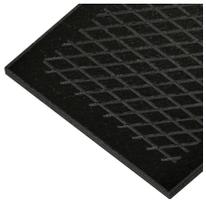
Nutritional value of one portion	Value
Energy	899.9 kJ
Carbohydrate	1.2 g
Fat	39.5 g
Protein	52.8 g
Water	0 g

Directions

We season the aged steak with crushed pepper and massage in oil, after preheating the convection oven, we place it on the split grilling plate and insert the temperature probe.

Once the temperature in the core of the steak is reached, the convection oven will signal "Cooking finished."

We season the steak with salt, add butter, and let it mature for 3 minutes, then we can serve.



Vision Grill