

# 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 %	

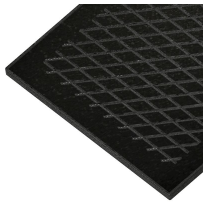
Ingredients - number of portions - 10		
Name	Value	Unit
real beef tenderloin	2500	g
5 tbsp vegetable oil	75	g
mixed peppercorns	7	g
coarse sea salt	18	g
Butter	150	g

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

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