

Seared Ribeye Steak

Cuisine: **Chinese**
Food category: **Beef**



Author: **Gary CHIU**
Company: **Retigo Asia**





Program steps


Preheating:


265 °C


1


 Combination


 30 %

 Termination by time

 03:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 1		
Name	Value	Unit
ribeye steak	230	g

Name	Value	Unit
sea-salt	3	g
freshly ground black pepper, ground	3	g
olive oil	10	ml

Nutrition and allergens	
Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	587.4 kJ
Carbohydrate	1.3 g
Fat	46.3 g
Protein	44.1 g
Water	0 g

Directions

◇ Thick ribeye steak 1.5-2 cm, season evenly

◇ Humidity affects the degree and speed of coloring, and the effect of keeping the surface of steak dry is good

◇ There is no need to preheat the plaid baking pan, and the baking effect can be directly achieved at 250°C

◇ It is recommended to grill 1.5-2 cm steak on one side, and about 3 cm on both sides

◇ The grill pan can be changed into a variety of grilled vegetables, side dishes, and main dishes

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill