

Seared Ribeye Steak

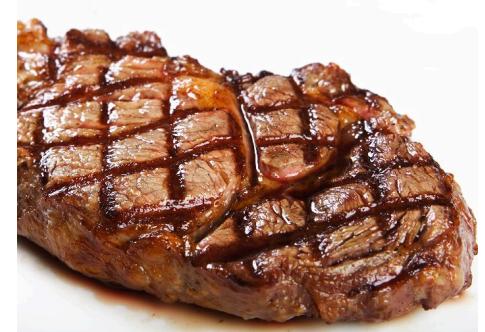
Cuisine: **Chinese**

Food category: **Beef**



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Company: **Retigo Asia**



Program steps

Preheating: **265 °C**

1	Combination	30 %	Termination by time	03:00 mm:ss	250 °C	90 %	
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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

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill

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