

# Seared Ribeye Steak

Cuisine: Chinese  
Food category: Beef



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## 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
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