

# Low-Cook Ribeye Steak

Cuisine: Chinese

Food category: Beef
















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Company: Retigo Asia



## Program steps

Preheating: 65 °C

1	 Steaming		 Termination by time	 02:00	hh:mm	 50	°C	 80	%		
2	 Combination	 30	%	 Termination by time	 02:00	mm:ss	 250	°C	 90	%	

## Ingredients - number of portions - 10

Name	Value	Unit
ribeye steak	300	g

## seasoning recipe

Name	Value	Unit
olive oil	200	ml
ground black pepper, ground	5	g
sea-salt	3	g
bay leaf	2	g
thyme	3	g
dried garlic	5	g
dried shallots	5	g

## Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	82 kJ
Carbohydrate	1.1 g
Fat	6.1 g
Protein	5.9 g
Water	0 g

## Directions

- ◇ Seasoned and massaged ribeye steak, put it into a vacuum packaging bag, pour in oil and spices, and vacuum
- ◇ Refrigerate and marinate for at least 3 hours before making, do not stack and press when storing
- ◇ Before low-temperature steaming, put the vacuum bag at room temperature in advance, and then start to make more accurate
- ◇ Shufei completes direct frying and roasting without refrigeration to cool down, avoiding blood loss and heat inside and outside
- ◇ Adsorb surface moisture before frying, the drier the surface, the better the coloring effect
- ◇ Preheat the frying pan, quickly fry and color the ribeye steak on both sides, and the cut surface is evenly pink

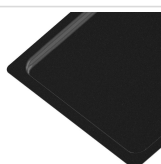
## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill