

# Low-Cook Ribeye Steak

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
















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## 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
freshly 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

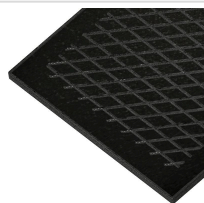
## Directions

- ◇ 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

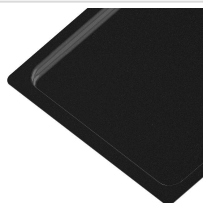
## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill