

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
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

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

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

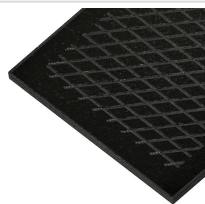
Vitamins: A, B6, C, D, E, K

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

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill