

Sous Vide Steak

Cuisine: **English**
Food category: **Beef**

















Author: **Phil Smith**

Company: **Retigo**



Program steps

1	 Combination	 50 %	 Termination by time	 01:20 hh:mm	 50 °C	 60 %	
2	 Hot air	 0 %	 Termination by time	 00:05 hh:mm	 250 °C	 100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
Sirloin Steak	10	pcs
freshly ground black pepper, ground	20	g
olive oil	30	ml

Nutrition and allergens	
Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	6.7 kJ
Carbohydrate	0.9 g
Fat	0.2 g
Protein	0.2 g
Water	0 g

Directions

Season each steak with pepper (no salt) and vacuum seal in bags.

Then place into the Retigo oven on the first program step above.


When finished, take the steaks out of the bags then brush with oil and season with salt.

Once this is done, set the Retigo to the second step of the programs as above.

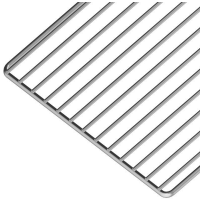
When pre-heated, place the steaks onto the Vision Express grill and "finish" for 5 mins.

When serving, you can ad a flavored butter to the steak.

Recommended accessories



Vision Express Grill



Stainless wire shelving