

Steak

Cuisine: **Czech**
Food category: **Beef**



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Program steps

Preheating:		255 °C									
1	Hot air	100 %	Termination by time	00:01	hh:mm	245 °C	+ 100 %				
2	Hot air	7 %	Termination by core probe temperature	51 °C		220 °C	+ 100 %				

Ingredients - number of portions - 10

Name	Value	Unit
real beef tenderloin	2500	g
vegetable oil	75	g
colored pepper	7	g
coarse sea salt	18	g
butter	150	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	562.1 kJ
Carbohydrate	1.2 g
Fat	40 g
Protein	52.7 g
Water	0 g

Directions

Season the mature steak with crushed pepper and massage in oil, after preheating the convection oven, place it on a hot grill plate and insert the temperature probe.
After reaching the temperature in the core of the steak, the convection oven will announce "Cooking finished"
Salt the steak, add butter and let it cook for 3 minutes, then you can serve it.

Recommended accessories



Vision Grill