

Medium Steaks



28:44

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Grill grate with cross pattern, non-stick coating, Flat, 3055636

PROFILE

- Ambient
- 1 Full Tray
- From Scratch

Stage 1
230 °C

- Convection
- 28:44 | 52 °C
- 2
- 2

RECIPE

Ingredients

6	each	Steak
1	tsp	Cracked Pepper
1	tsp	Sea Salt
1	tbs	Olive Oil

1. Food Preparation

Cut the Steaks to the required weight or thickness.

2. Cooking Instruction

Lightly oil and season the Steaks and place on a Hot Griddle Tray, cool down the core Probe in cold water and stick fully into 1 Steak.

3. Food Serving Instruction

Serve with Vegetables, Potatoes and Red wine sauce or slice onto a salad.