

## Medium Steaks



**52:28**




**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
-  52:28 | 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.