

Rare Steaks



48:44

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

- Convection
- 48:44 | 42 °C
- 2
- 2

Stage 1
230 °C

RECIPE

Ingredients

- | | | |
|---|------|----------------------|
| 6 | each | Steak |
| 1 | tbs | Olive Oil |
| 1 | tsp | Salt |
| 1 | tsp | Cracked Black Pepper |

1. Food Preparation

Cut Steaks to the required weight or thickness.

2. Cooking Instruction

Lightly oil & season all the Steaks and place on to a hot griddle tray, cool the Temperature Probe in Cold water and place fully into 1 Steak.

3. Food Serving Instruction

Serve as a Main Course with Vegetables and Red Wine Sauce or sliced on a Salad.