

## Rare Steaks



**43:50**

**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
- 43:50 | 42 °C
- 2
- 2

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.