

## Medium Steaks



**L** 55:16




**This recipe is available for:**

- Convotherm maxx

**Accessories:**

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

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-  Ambient
-  1 Full Tray
-  From Scratch

**Stage 1**  
230 °C

-  Convection
-  55:16 | 52 °C
-  3
-  2

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### 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.