

Rare Steaks



57:20

This recipe is available for:

- Convotherm 4
- Convotherm maxx pro

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
- 57:20 | 42 °C
- 5
- 3

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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.