

## Medium Steaks



**24:51**

**This recipe is available for:**

- Convotherm 4
- Convotherm maxx pro

**Accessories:**

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

P R O F I L E

- Ambient
- 1 Full Tray
- From Scratch

**Stage 1**  
230 °C

- Convection
- 24:51 | 52 °C
- 5
- 3

R E C I P E

**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.