

Low-Cook Ribeye Steak

Cuisine: **Chinese**
Food category: **Beef**



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Program steps

Preheating: 65 °C

1	 Steaming		 Termination by time	 02:00 hh:mm	 50 °C	 80 %	
2	 Combination	 30 %	 Termination by time	 02:00 mm:ss	 250 °C	 90 %	

Ingredients - number of portions - 10		
Name	Value	Unit
ribeye steak	300	g

seasoning recipe		
Name	Value	Unit
olive oil	200	ml
freshly ground black pepper, ground	5	g
sea-salt	3	g
bay leaf	2	g
thyme	3	g
dried garlic	5	g
dried shallots	5	g

Nutrition and allergens	
Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	82 kJ
Carbohydrate	1.1 g
Fat	6.1 g
Protein	5.9 g
Water	0 g

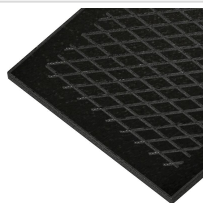
Directions

- ◇ Seasoned and massaged ribeye steak, put it into a vacuum packaging bag, pour in oil and spices, and vacuum
- ◇ Refrigerate and marinate for at least 3 hours before making, do not stack and press when storing
- ◇ Before low-temperature steaming, put the vacuum bag at room temperature in advance, and then start to make more accurate
- ◇ Shufei completes direct frying and roasting without refrigeration to cool down, avoiding blood loss and heat inside and outside
- ◇ Adsorb surface moisture before frying, the drier the surface, the better the coloring effect
- ◇ Preheat the frying pan, quickly fry and color the ribeye steak on both sides, and the cut surface is evenly pink

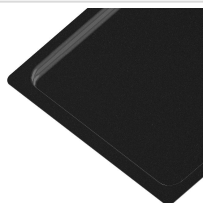
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill