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RIB EYE STEAK

LOW TEMPERATURE ROASTING

Ingredients:

1 - 1lb boneless rib eye steak

Kosher salt & ground pepper

Olive Oil

¼ - teaspoon mixed Italian seasoning (or your preferred steak seasoning)

Preparation

You can use this method for one single thick cut of meat or for a larger cut that you slice into individual steaks prior to grilling. If you don't want to finish the meat on the grill it can be broiled or placed in a hot oven (450 degrees) in the Convection Roast Mode for a short time to render the fat and brown the exterior.

Some steam ovens have a designated Mode for this style of cooking, otherwise you can use the Combination Convection Steam Mode set to 200 - 250 degrees.

Timing is going to depend on weight, a 1lb steak like the one in this recipe will cook through in 20 minutes; however, if you cook a large 7lb roast in this Mode it will take approximately 2 1/5 hours.



Remember when cooking in this mode the meat will stay very pink inside even though it is thoroughly cooked through, keep your instant read thermometer handy to ensure you get the meat to your ideal temperature.

Preparation:

Heat the Steam Oven to 200 degrees in the Combination Convection Steam Mode or the Low Temperature Roast Mode.

Season the meat and drizzle with a

little olive oil.

Place on a rimmed pan and cook for 20 minutes. The meat can be rested prior to giving it a high heat finish on the grill or in the oven.

Resting the meat prior to the high heat finish means you can serve it right away as it comes off the grill.

WRITE YOUR NOTES: