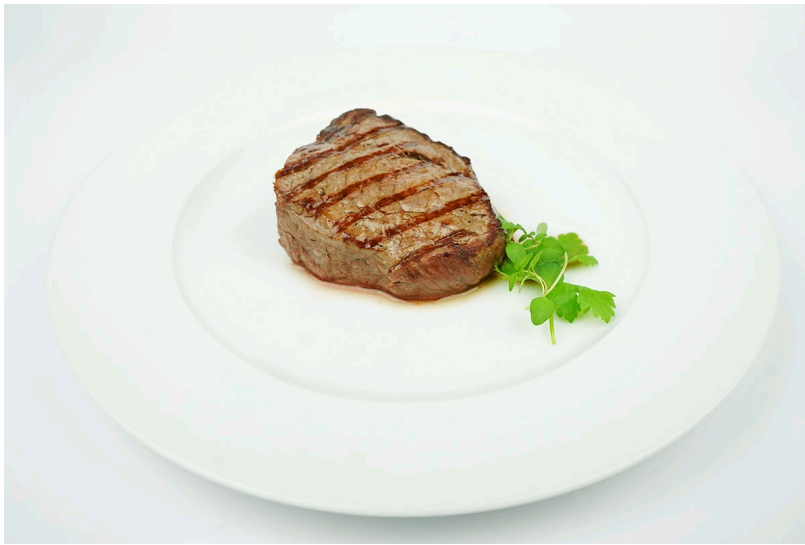



Grilled Beef Filet Medium Rare



eikon® e2s

 01:40





This recipe is available for:

- eikon® e2s HP (2000W)




Accessories:

e2s Griddled Cook Plate PSB3117 Ovens
purchased before January 2019, DB0719 Ovens
purchased from January 2019.

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-  275 °C
-  Chilled 4°C
-  1 Portion
-  From Raw

Stage 1

-  00:40
-  100 %
-  85 %




Stage 2

Quarter Turn & Flip

-  00:30
-  100 %
-  65 %

Stage 3

Quarter Turn & Flip

-  00:30
-  100 %
-  45 %

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E

Ingredients

- 170.1 g Fresh Beef Tenderloin Filet, Center Cut
- 14.79 ml Oil or Cooking Spray
- 1 pinch Salt & Black Pepper

1. Food Preparation

Season the filet to taste with salt and pepper. Spray or oil the filet and grill plate. Place it on the plate.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the plate and serve.