

## Grilled Beef Filet Well Done



**eikon® e2s**

**02:05**

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

- 00:50
- 100 %
- 85 %

Stage 2

Quarter Turn & Flip

- 00:40
- 100 %
- 65 %

Stage 3

Quarter Turn & Flip

- 00:35
- 100 %
- 45 %

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### 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.