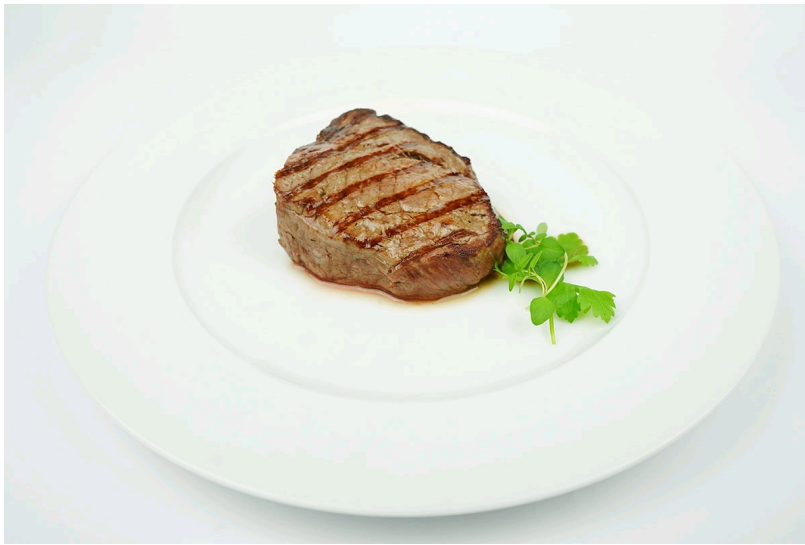



## Grilled Beef Filet Medium Rare



**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.

P  
R  
O  
F  
I  
L  
E




-  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 %

R  
E  
C  
I  
P  
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.