



Miele

ROASTED BEEF

INGREDIENTS

3cm thick-cut rib-eye steak (3lbs), 3 tsp of rock salt, 2 tsp of crushed black pepper, 3 tsp of olive oil


Methods:

1. Pat dry the steaks. Apply appropriate amount of olive oil, and then rub rock salt and black pepper evenly all over the meat.
2. Put the meat in a grill tray and place it into the oven. Insert Miele casserole dish at the bottom to collect the dripping sauce from the meat.
3. Cook the meat to 'medium' doneness: Insert the food probe into the heart of the meat. Switch the oven to "Auto Roast" mode core temp: 60°C. It will go off and ring when the meat centre reaches the predetermined temperature.
4. Remove the meat from the oven and slice the steaks after 10 minutes.
5. Remove excess grease from the sauce collected by the Miele casserole dish. Add a little red wine and cook the sauce with an induction cooker switched to medium heat until well glazed. Season the sauce with rock salt and crushed black pepper. Serve together with the steaks.

Cooking tips:

- Detect the core temperature by putting the food probe into the heart of the meat. The oven will switch off when the centre reaches the predetermined temperature. The oven guarantees doneness and texture that suit the users' preference.
- "Auto Roast" mode: The meat is seared at high temperature to lock in the juice, then cook at a lower roasting temperature.

Suggested Core Temperature



Food	Doneness	Core Temperature (°C):
Beef, Veal, Lamb	Rare,	49,
	Medium Rare,	53,
	Medium,	60,
	Medium Well,	65,
	Well Done	71 and over



烤厚切肉眼扒

材料

3cm厚切牛肉眼扒約 3磅、岩鹽 3茶匙、黑椒碎 2茶匙、欖油 3茶匙


做法：

1. 肉眼扒充份抹乾，掃上適量欖油後以岩鹽及黑椒碎將整件牛肉抹勻。
2. 以烤架盛載，下方放入 Miele casserole dish 盛接滴下的油汁。
3. 想牛肉5成熟，將無線探肉針插入肉眼扒中心，放焗爐中選擇「Auto Roast」及調較肉心溫度至60°C，肉心溫度達60°C焗爐會自動提示及停止烘焗。
4. 將牛肉取出放置10分鐘後切成薄塊。
5. 可將 Miele casserole dish 中油汁的多餘油份撇去，注入少量紅酒，直接放上電磁爐以中火煮至濃稠後以鹽及黑椒碎調味即成燒汁供一同享用。

烹調小貼士：

- 將探肉針插入肉類的中心，可於烹調過程中探測到食物的核心溫度，直至食物達到預先設好的溫度。用家無須長期於焗爐前視察亦可確保能烹煮出自己所喜愛的生熟程度及口感。
- “Auto Roast” 功能方便烤肉：先以高溫燒烤鎖住肉汁，再以較低溫度烹調。

建議核心溫度



食物	煮熟度	核心溫度(°C):
牛肉, 小牛肉, 羊肉	一成熟, 三成熟, 五成熟, 七成熟, 全熟	49, 53, 60, 65, 71 及以上