

# RECIPE

## CRAFT/INDUSTRY

### STARBEEFER - Sous Vide Steaks



#### material combination:

Striploin without bone, beef thick flank, rump, rib-eye-steak,...

The beef should have matured for at least 10 days.

#### RAPS products per kg mass:

**15-20 g STARBEEFER – Sous vide Steaks Art.Nr.: 30905**  
**Ev. 15 g vegetable oil**

#### Production:

1. Cut steaks with 200-400 g.
2. Rub pieces of meat with spice mixture calculated on the mass.
3. Pack single or up to four pieces under vacuum, do not stack on top of each other (Bags must be suitable for cooking).
4. Let it infuse at least overnight..
5. Heat according to desired doneness:
  - a. Rare: cook at 52-54 °C in a water bath for 4-6 h
  - b. Medium/Rare: cook at 54-56 °C in water for 4-6 h.
  - c. Medium: cook at 56-59 °C in water for 4-6 h.
  - d. Who really wants it - Well Done: cook at 60-64 °C in water for 4-6 h.
6. Cool in ice water.

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### Preparation:

1. Put the meat out of the refrigerator and leave it rest for approx. 30 min.
2. Sear each side for about 3-5 minutes, turning several times.
3. Remove the meat from the pan and let it rest for approx. 1 min.