



Consejo del chef

Spread some salt to taste and serve on a large plate with grilled asparagus and potatoes.

Raciones para 1

1
T-bone steak
1 bunch
Asparagus

Potatoes (baby)

Salt

- 1 Place the T-bone in the oven for 20 minutes to bring it to room temperature.
- 2 Take the meat out of the oven and choose the pre-set program for the piece you need to cook, based on the thickness and doneness of the piece of meat.
- 3 Pre-heat the oven for 15 minutes and place the meat in the cast iron grid.
- 4 Cook for 3 minutes and 30 seconds.
- 5 Turn it and bake for 1 minute and 30 seconds more.
- 6 Take the meat out of the oven and cut.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/chuleton-al-horno/>

