



Taste & Technology

Flank Steak SV

Recipe number:

04.10.006

Starting material:

1000 g Flank steak

Seasonings & additives:

100 g LAFINESS Roasted Jalapeno
Premium

808050

Processing procedure:

Marinate the steak in the marinade.
Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +54°C for 3 hours.
The product will then be medium rare.
Remove the cooked steak from the bag and sear on a BBQ until a
brown crust forms on both sides.

EU Food Information Regulation:

Beef, rapeseed kernel oil, seasoning, sea salt, palm fat,
tomato powder, spice extracts, smoke

Analysis:

Calorific value KJ	1,094 KJ
Calorific value Kcal	264 Kcal
Fat	20.4 g
Saturated fatty acids	5.0 g
Carbohydrates	2.2 g
Sugar	0.9 g
Protein	17.5 g
Sodium	0.6 g
Salt	1.5 g