

GRILLED STEAK WITH VEGETABLES AND BÉARNAISE SAUCE

TATUNG FUSION COOKER RECIPE



COOK MODES

GRILL

COOK

PREP TIME

10 MINUTES

COOK TIME

14 MINUTES

TOTAL TIME

24 MINUTES

SERVES

1-2

FOR MORE INFORMATION ABOUT
TATUNG FUSION COOKER, PLEASE
VISIT: TATUNG USA.

INGREDIENTS

- 1 (12-OUNCE) RIBEYE/SIRLOIN STEAK OR 2 (6-OUNCE) RIBEYE/SIRLOIN STEAKS
- OLIVE OIL
- SALT AND PEPPER TO TASTE
- 2 TABLESPOONS BUTTER, MELTED
- 8 OUNCES ASPARAGUS SPEARS, BOTTOMS TRIMMED
- 1 PORTOBELLO MUSHROOM, SLICED
- 1 (6-OUNCE) CONTAINER OF LEMON YOGURT
- 1 TABLESPOON FRESH TARRAGON, CHOPPED

INSTRUCTIONS

- Bring steak to room temperature. Pat dry with a paper towel.
- Brush the steak with olive oil and season it generously with salt and pepper on both sides.
- Place the grilling pan in Tatung Fusion Cooker and select "Grill" mode. Set the temperature to 445°F (230°C) and let it preheat for 4 minutes.
- Place the seasoned steak in the grilling pan, cover with the metal lid. Set the timer for 3 minutes. Uncover, flip the steak, cover and set the timer for another 3 minutes.
- Once the steak is ready, remove from the grilling pan to a warm plate. Cover the steak with foil and let it rest.
- In the same grilling pan, add asparagus and mushroom slices. Drizzle with a little olive oil and season with salt and pepper to taste. Select "Cook" mode, level 4. Cover with the glass lid and cook for 8 minutes. Your steak should make some juice while resting. Add the juice back into the vegetables.
- In the meantime, melt 2 tablespoons butter in a microwave. Make the béarnaise sauce by adding yogurt, tarragon, a dash of salt in a small bowl and whisk together. Set the béarnaise aside.
- When the vegetables are done, dish and set the steak on top. Serve with béarnaise. Enjoy!