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LARISSA TABORYSKI

BROILED CORN SALSA & CONVECTION BROILED STEAK

The Broil function in most modern ovens is far more user friendly than older ovens, but it's important to follow these simple steps when broiling in the oven.

Arrange the oven racks before heating the oven, having one rack close to the broiler and another lower down is ideal that way once the meat is seared you can move it away from the powerful direct heat to finish cooking through if needed.

Turn your overhead ventilation on to medium high speed, so that any escaping vapors will quickly be extracted.

A preheat time of only 5 minutes is required for electric ovens, no preheat required for a gas oven, once the flame is ignited you are ready to cook.

Always broil with the door closed. Use a 2-piece broil pan when broil marbled meats, this way hot fat is shielded from the powerful direct heat.

Always remove meat from the hot pan immediately it comes out of the oven to avoid overcooking.

Use the Combination of Convection + Broil for thicker cuts of meat, this aids in even cooking and

better moisture retention.

Use the Broil only Mode for thin quick cooking cuts of meat, fish and vegetables.

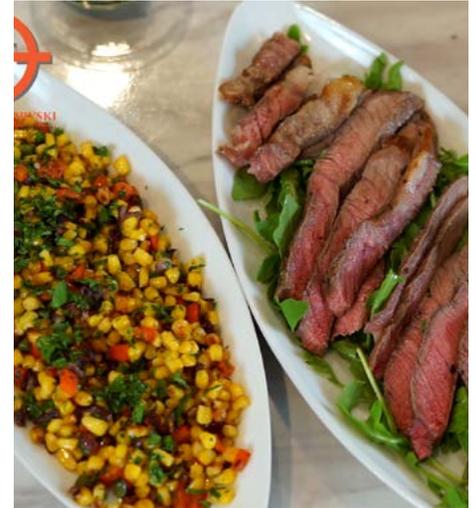
Convection Broil Sirloin or T Bone Steak

For best results when broiling steak season with salt immediately prior to cooking or 40 minutes prior to cooking. For thinner cuts like the T Bone immediately before works well, for thicker steaks 40 minutes or overnight will give the best results. Drizzle with a light coating of high heat tolerant oil and your preferred seasoning before cooking.

Preheat the oven in the Convection Broil Mode on Hi or 500 degrees, place the seasoned meat on a 2-piece Broil pan and cook for 4 - 5 minutes. Carefully turn the meat over and cook for 2 - 3 minutes depending on the thickness of the steak. If the steak is very thick, turn the oven off and place the pan on the lower rack for 3 - 4 minutes to finish cooking, otherwise remove from the oven and immediately take the steak off the pan. Always rest meat before carving.

Broiled Corn Salsa

BROILED AND CONVECTION BROILED



2 - cups corn kernels

1 - red pepper, seeds removed chopped into small pieces

1 - small jalapeno pepper, seeds removed, chopped into small pieces

¼ - red onion, chopped into small pieces

1 - teaspoon ground cumin

¼ - teaspoon granulated garlic

1 - tablespoon grapeseed or peanut oil

WRITE YOUR NOTES:



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¼ - cup chopped cilantro leaves

7 minutes or until the corn begins to brown on the edges.

1 - lime, juice only

Remove from the oven and set aside to cool, then scrape the broiled vegetables into a bowl and toss with the cilantro and lime juice to taste.

Combine all the ingredients except the cilantro and lime juice in a bowl and spread onto a heavy duty rimmed baking sheet, covered with foil, shiny side down.

Preheat the oven in the Broil Mode on Hi or 475 degrees, slide the tray into the oven and cook for 5 -