

Here is a recipe to cook a beef steak in the oven:

Ingredients:

1 beef steak

Salt and pepper to taste

Cooking Instructions:

Preheat the oven to 243 degrees Fahrenheit.

Season the beef steak with salt and pepper.

Place the beef steak on a baking tray and place it in the oven.

Bake the beef steak for 270 minutes.

Check the internal temperature of the beef steak using a meat thermometer.

Remove the beef steak from the oven when it reaches your desired level of doneness.

Let the beef steak rest for 5-10 minutes before slicing and serving.