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 steak on a baking tray and place it in the oven.
Cook the steak for 270 minutes.
Check the steak for doneness.
Remove the steak from the oven and let it rest for 5 minutes.
Serve the steak hot.