

Miele

Sous-vide eye fillet, cauliflower puree and salad

By Miele

30 minutes

Preparation time

1 hour, 30 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Sous-vide eye fillet

Salt flakes and pepper, taste
4 eye fillet steaks (200 g each)
½ bunch thyme, roughly chopped
1 tbsp olive oil

Cauliflower puree and salad

1 cauliflower, cut into small florets
50 g butter
100 ml milk
1 tbsp salt flakes, more to taste
2 tbsp extra virgin olive oil
80 g (½ cup) almonds, roasted
35 g (¼ cup) pine nuts, roasted
40 g (¼ cup) currants, soaked overnight
in verjuice
½ bunch parsley, chopped
½ bunch mint, chopped
1 lemon, zested
1 tbsp tamarind syrup

METHOD

Sous-vide eye fillet

1. Season the steaks and place into a large vacuum seal bag with a handful of thyme sprigs. Place in the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.
2. Place the sealed bag onto a rack in the steam oven and Sous-vide at 55°C for 1 hour.
3. Preheat a frying pan on high heat, Induction setting 8, until very hot.
4. Remove the steaks from the vacuum sealed bag and place on a plate lined with paper towel and dry the meat from its cooking juices.
5. Oil and season the steaks and place in the frying pan for 20-30 seconds each side, or until you have a nice seared colour.

Cauliflower puree and salad

1. Place half of the cauliflower florets into an unperforated steam tray with the butter, milk and salt.
2. Place the other half of the cauliflower in a bowl and toss with some oil to coat and a generous pinch of salt and place on a universal tray.
3. Preheat the oven on Fan Grill at 200°C.
4. Place the tray of cauliflower in the oven on shelf level 5 and grill for 10-12 minutes, or until you have a nice golden colour and the cauliflower has softened.
5. Place the cauliflower puree ingredients in an unperforated steam tray and steam at 100°C for 8 minutes.
6. Strain the cauliflower, reserving the liquid.
7. Place the cauliflower into a blender and blend until a smooth consistency is achieved. If necessary, add more liquid to adjust the consistency. Season to taste with salt.
8. In a bowl, combine the grilled cauliflower, nuts, herbs, lemon zest and currants. Mix evenly so everything is distributed and season with salt and pepper to taste.

To serve

1. Smear or dollop the puree onto a plate, top with some of the cauliflower salad and then the steak on top, sliced or left whole depending on your preference.

Beef sous-vide guide

49°C – Rare

54°C – Medium-rare.

57°C – Medium

63°C – Medium-well

69°C+ – Medium-done

Hints and tips

- Tamarind syrup can be purchased from Middle Eastern supermarkets. If you cannot find it try pomegranate syrup instead.