

**Miele**

# Poached beef marinated with miso with summer vegetables and herbs

By Shannon Bennett

**20 minutes**

Preparation time

**25 minutes**

Cooking time

**4 serves**

Serves



## INGREDIENTS

100 g white miso  
1 tablespoon Dijon mustard  
20 g ginger, finely grated  
2 cloves of garlic, peeled and crushed  
1/3 cup peanut oil  
6 x 120 g eye fillet portions  
Freshly ground black pepper  
Sea salt to taste  
Japanese mustard cabbage,  
4 large leaves and stems  
12 baby turnips, topped and washed  
6 baby radishes, each cut into quarters  
Sliced red radishes and pickled onions for  
garnish

## Miele Accessories

Vacuum sealing bags  
Steam container

## **METHOD**

1. In a small bowl, whisk together the miso, mustard, ginger, salt, garlic and peanut oil until smooth.
2. Mix the paste and beef fillets together, place the beef fillets into a vacuum seal bag and pour in any excess marinade. Place in the Vacuum Sealing Drawer and seal on level 3 and vacuum on level 3. Marinate in the refrigerator for 30 minutes, up to 1 day.
3. Place the turnips, on a perforated steam container. Place in the Steam Oven and Steam at 100°C for 5 minutes.
4. Place the vacuum bag with the beef fillets on a perforated steam tray. Place in the Steam Oven and Steam at 75°C for 15 minutes. Once cooked, allow to rest in the bag for 10 minutes.
5. Remove the beef fillets from the bag, and pour the marinade and juices into a small bowl.
6. Add some hot water, 1 tablespoon at a time, and mix through until a smooth consistency is achieved. Season with lemon juice and salt.
7. Pre-heat the oven on Fan Grill at 200°C.
8. Toss the cabbage stems and turnips in a small amount of oil and salt and quickly grill the cabbage on shelf position 5 until nice and charred. You will need to watch the cooking process, as the leaves can burn very quickly.

## **To serve**

1. Slice each beef fillet into 3–4 slices.
2. Place cabbage leaves onto a large platter, then arrange the turnips and radishes around the sliced beef.
3. Drizzle with the warm marinade and serve.