

Miele

Sous-vide eye fillet, cauliflower puree and salad

By Miele

30 minutes

1 hour, 30 minutes

4

Serves



INGREDIENTS

- 4 x 200g eye fillet steaks
- 20 sprigs of thyme (½ bunch)
- 1 cauliflower, cut into small florets
- 50g butter
- 100ml milk
- 1 tablespoon salt
- Extra virgin olive oil
- Murray River Sea Salt to taste
- ½ cup almonds, roasted
- ¼ cup pine nuts, roasted
- ¼ cup currants, soaked overnight in verjuice
- ½ bunch parsley, chopped
- ½ bunch mint, chopped
- Murray River Sea Salt to taste
- Zest of 1 lemon
- 1 tablespoon tamarind syrup

METHOD

1. Place the steaks in 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. Once sealed, Sous-vide at 55°C for 1 hour.
3. Place half of the cauliflower florets into a solid steam tray with the butter, milk and salt.
4. 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 multi-purpose tray.
5. Pre-heat the oven on Fan Grill at 200°C.
6. Place the tray of cauliflower in the oven on shelf position 5 and grill for 10-12 minutes, or until you have a nice golden colour and the cauliflower has softened.
7. Once the steaks have steamed for an hour, remove from the oven and keep to the side.
8. Place the cauliflower puree ingredients in a steam tray and steam at 100°C for 8 minutes.
9. Strain the cauliflower, reserving the liquid.
10. 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.
11. Pre-heat a frying pan on high heat, Induction setting 8, until very hot.
12. 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.
13. Remove the steaks from the vacuum sealed bag, place on a plate lined with paper towel and dry the meat from its cooking juices.
14. 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.

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.

Hints & Tips

- Tamarind syrup can be purchased from Middle Eastern supermarkets.