

Miele

Braised oyster blade with parsnip puree

By Miele

20 minutes

Preparation Time

4 hours

Cooking Time

8

Serves



INGREDIENTS

8 x 200g pieces of oyster blade steak
Extra virgin olive oil
2 brown onions, diced
2 carrots, diced
2 celery sticks, diced
2 bay leaves
¼ bunch thyme
300ml red wine
750ml beef stock
Salt flakes and pepper

Parsnip puree

750g parsnip, peeled, diced
300g butter
2-3 tbs salt flakes

To serve

Picked parsley and red vein sorrel

METHOD

Braised oyster blade

1. Heat an Induction compatible casserole dish on high heat, Induction setting 8. Place oil into the dish and sear the pieces of beef until browned. Remove the beef from the casserole dish and set aside.
2. Add some more oil to the dish along with the onions, carrots and celery. Cook until softened and beginning to caramelize. Add the bay leaves and thyme, followed by the wine and reduce by half.
3. Add the stock and bring to the boil, then turn the heat off. Return the meat back to the casserole dish.
4. Place casserole dish into the Steam Combination Oven. Select Combination Mode: Fan Plus at 130°C + 3½ hours + 85% moisture.
5. Once the beef is cooked, remove the pieces of meat and strain the liquid. Reduce on high heat, Induction setting 8.

Parsnip puree

1. Place parsnip into an unperforated steam container with the butter and half of the salt.
2. Steam at 100°C for 20 minutes. Transfer the parsnip to a blender and blend until smooth. Check for seasoning and add the extra salt if required.

To serve

1. Spoon puree into the middle of a bowl, pushing the mixture outwards, place a piece of beef in the middle, and pour over some of the sauce.
2. Garnish with parsley and red vein sorrel.

Hints and tips

- Parsnip puree can be made ahead of time and reheated.