



Miele

Roast beef with herbed potato mousse and cherry tomatoes

By Miele

10 minutes

Preparation Time

Determined by food probe. (approximately 35 minutes)

Cooking Time

6

Serves

INGREDIENTS

900g beef eye fillet
1 tbs rosemary leaves
200g mixed cherry tomatoes, halved
Olive oil
Salt flakes and pepper to taste
60ml aged balsamic vinegar

Herbed potato mousse

800g potatoes, peeled and diced into 2cm cubes
150ml cream
200g unsalted butter, room temperature, diced
2 tbs chives, finely sliced
2 tbs lemon thyme leaves, finely chopped
Finely ground white pepper and salt flakes to taste

METHOD

1.

Position grease filter in rear of Steam Combination Oven.

2.

Toss the cherry tomatoes with rosemary in a mixing bowl with a little olive oil, salt and pepper and arrange on a multi-purpose tray.

3.

Season the beef with olive oil, salt and pepper and place on wire rack over the tomatoes.

4.

Insert the food probe into centre of meat.

5.

Place the tray into the Steam Combination Oven on shelf position 1.

6.

Select Combination Mode:

Stage 1: Select Fan Plus 215°C + 10% Moisture and Core Temperature 47°C

Stage 2: Select Fan Plus 110°C + 35% Moisture and Core Temperature 55-75°C

(this range is for rare to well done. Choose 64°C for medium to medium rare).

7.

Remove meat from Oven, drizzle with balsamic vinegar and rest for 20 minutes in a Warming Drawer pre-heated on food setting 3.

Herbed potato mousse

1.

Arrange the potatoes evenly on a perforated steam tray and place in the Steam Oven.

2.

In a separate unperforated steam tray, add the cream, cover and place into the Steam Oven with the potatoes. Steam at 100°C for 15 minutes.

3.

While the potatoes are still hot, pass through a ricer or food mill into a mixing bowl, pour the cream over the potatoes and whisk adding the butter a little at a time until fully incorporated.

4.

Mix in the herbs and season to taste with salt and pepper. Cover and keep warm until ready to serve, alternatively refrigerate until needed. Re-heat on steam at 100°C for 6 minutes.

To serve

1.

Slice the rested beef into 6 equal portions and serve with warm potato mousse, top with the tomatoes and juices from the roasting tray with a little extra olive oil.

