



Miele

Steak au poivre

By Miele

20 minutes

Preparation Time

30-45 minutes, dependant on degree of doneness for steak

Cooking Time

2

Serves

INGREDIENTS

- 2 x 200-250 g beef eye fillet
- 8 tsp coarsely ground black pepper
- 1 tsp salt flakes
- 2 tbsp grapeseed oil
- 2 tbsp golden shallot, finely chopped
- ¼ cup brandy
- 2 tbsp beef jus or demi glace
- 1 tbsp cream
- 1-2 tbsp unsalted butter
- Red wine vinegar, to taste

METHOD

Steak

1. Place beef fillet into an unperforated steam container lined with baking paper.
2. Insert the food probe into the centre of one of the beef fillets. Place in the combi steam Pro oven on any shelf position. Select Combi mode: Fan Plus at 60°C + 60°C core temperature + 100% moisture.
3. When the cooking programme is complete, remove the steaks and pat dry with paper towel.
4. Heat a frying pan on medium-high heat, induction setting 7. Add oil, allow to heat for 3-4 minutes.
5. Coat the beef with the black pepper. Place into the hot pan and seal both sides and around the edges, caramelizing the beef and forming a pepper crust. Allow approximately 3-4 minutes each side. Remove the steaks once sealed and crusted. Rest in the warming drawer and prepare the sauce.

Sauce

1. Using the same frying pan, reduce the heat to induction setting 6 and add the shallot, allow to slightly brown, 1-2 minutes.
2. Deglaze the pan with brandy, add jus and simmer for 1-2 minutes.
3. Add cream and reduce further for 1-2 minutes, until a thick sauce like consistency.
4. Reduce to induction setting 2, add the butter and emulsify. Season to taste with red wine vinegar.

To serve

1. Place steak on warm serving plates, pour the sauce over each steak to serve.

Hints and tips

- 60°C will produce a medium rare steak, alternatively adjust oven temperature and core temperature to individual degree of doneness (55°C-75°C). Ensure oven temperature and internal temperature are the same. This is to ensure your steak is evenly cooked through.
- Avoid larger cuts of meat, ensure cooking in the first step with the food probe does not exceed a duration of 2 hours. Steak at around 200-250 g at a temperature of 60°C will take 30-45 minutes.