



Miele

Sous-vide fillet of beef with charred red onions and horseradish

By Miele

10 minutes

Preparation time

1 hour 10 minutes

Cooking time

4

Serves

INGREDIENTS

1kg beef fillet
1 rosemary sprig
2 red onions, large
Salt
1 tsp vegetable oil

To serve

1 jar horseradish sauce
Salt flakes, to taste
Black pepper, to taste

METHOD

1. Season beef with a little salt and place in a vacuum sealing bag with the rosemary.
2. Place into the vacuum sealing drawer and Vacuum on setting 3 and Seal on setting 3.
3. Place the sealed bag onto a wire rack in the steam oven and Sous-vide at 55°C for 1 hour.
4. Whilst the beef is cooking, slice the red onions into rings 1cm thick and sprinkle both sides with salt and allow to sit for 30 minutes.
5. After 30 minutes preheat a frying pan on high heat, induction setting 9, and add red onions. Cook without moving for 5 minutes, or until blackened. Turnover and repeat on the other side.
6. Remove from the pan into a bowl and cover tightly with cling wrap and sit for a further 10 minutes.
7. Remove the beef from the vacuum sealing bag. Dry well on paper towel and season with salt.
8. Preheat a frying pan on high heat, induction setting 8, and add the oil. Add the beef to the pan and brown on each side for 1 minute, remove from heat.

To serve

1. Carve the beef and finish and season with salt.
2. Break up the onion rings and serve on the plate with the horseradish.

Beef sous-vide guide

49°C – Rare

54°C – Medium-rare.

57°C – Medium

63°C – Medium-well

69°C+ – Medium-done