



Fillet of beef

מתכון מאת V-ZUG Ltd.



Preparation	15 Mins
Cooking time	2 Hrs
מנות	4
התקן	Combair-Steam SL from 2017

Preparation

- 800 g fillet of beef
- 2 tbsp olive oil
- Salt
- Pepper
- 1 sprig of thyme
- 1 sprig of rosemary
- 1 clove of garlic, crushed

Trim and season the fillet of beef, pan sear on all sides. Add the thyme, rosemary and garlic and fry briefly. Allow the meat to cool down.

Put the fillet of beef, the thyme, rosemary and garlic into a vacuum bag and vacuum seal it on level 3. Place the bag in the perforated cooking tray and put it into the cold cooking space. Steam.

Vacuisine 58 °C for 2 Hrs

Take the fillet of beef out of the vacuum bag and serve.

עצות

Serve with bramata polenta and roasted carrots.

אביזרים

- Perforated cooking tray
- Vacuum bag

מידע נוסף

הופק ביום 11.12.2019

