



Fillet of beef

Рецепт від V-ZUG AT



готування	15 хв
Час	2 годин
готування	
Порції	4
Прилад	Combair-Steam SL з 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.

Технологія приготування Vacuisine 58 °C протягом 2 годин

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

Поради

Serve with bramata polenta and roasted carrots.

Акcesуари

- Perforated cooking tray
- Vacuum bag

Додаткова інформація

Складено 11.12.2019

