



Sous-vide beef with sauté of forest mushrooms

Gaggenau Appliance:
Preparation Time: 40 minutes
Cooking Time: 90 minutes
Serves: 10

Ingredients

1 kg beef tenderloin
Fresh thyme
7 cloves garlic
2 bay leaves
½ bunch chives, finely chopped
½ bunch parsley
50g peeled shallots
100ml olive oil
125g salted butter
500g field mushrooms
2 punnets chestnut mushrooms
500g pine mushrooms
200ml good quality red wine jus
Salt, pepper

Method

Preparation:

1. Rub the beef tenderloin with olive oil, season with pepper and 2 cloves of garlic. Place the beef in a large vacuum bag with bay leaves and fresh thyme. Place the bag in the vacuum drawer, select level 3 vacuum and level 2 heat sealing and press start to begin the vacuuming process. Set the Sous-vide function at 60°C and allow the oven to come to temperature. Place meat on perforated tray on the middle shelf. Slide a non-perforated tray underneath on the first shelf. Set the cooking time for 90 minutes. 2. Prepare mushrooms by cutting the field mushrooms into quarters. Thinly slice the pine mushrooms. Remove the base of the stalks from the chestnut mushrooms. Finely dice the shallots and crush 5 cloves of garlic and set aside. 3. Remove beef from combi-steam oven and drain well. Place beef on a tray and season with salt and pepper. Heat the Teppan Yaki cooktop to 220°C. Add a small amount of oil and brown beef on all sides until caramelised or to the desired level of doneness. Rest beef in a warming drawer on setting 3. Tip: If using the Teppan Yaki or griddle plate accessory, heat the accessory plate to a high temperature and follow the same cooking instructions. 4. Heat a large saucepan (e.g. level 9 if using induction cooktop). Add olive oil and field mushrooms. Stir constantly to gain even colour. Add the pine mushrooms and continue to cook for 5 minutes. Add the chestnut mushrooms and stir. Finally add crushed garlic, chopped thyme and butter and cook until mushrooms are tender. Season with salt and pepper and finish with chives and parsley. Set aside in the warming drawer to keep warm. 5. Slice beef into 10 even pieces and place on a platter with the mushrooms to the side. Serve with a good quality red wine jus.